

# Produced in New York Food Presentations

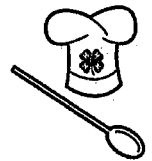
## Menu Planning Sheet

**Directions:** Youth members fill out the following information and bring with you to your scheduled PINY Demonstration time.

Name: Jessica DeMarte		
Age (as of Jan 1, 2017): 27	Year in Food Project: 15	Years in PINY: 15
Recipe Title: Berry saurus Muffins		

**Menu Plan-** Plan a complete menu for one meal, including your recipe as one of the foods. Be sure to consider nutrition, appearance, texture, and flavors. (Please use correct grammar and spelling when completing these areas.)

Grilled Chicken will be my protein. I will also have a side salad with light Italian dressing. The blueberry muffin will be my grain. To drink, I will have a small glass of 2% Milk, with water to drink after I finish my milk.



**Statement of Origin-** Explain the source of your recipe (cookbook, magazine, family member, etc.) Tell any changes you made such as experimenting with ingredients or method of serving. Indicate any family preferences, such as how they like your recipe.

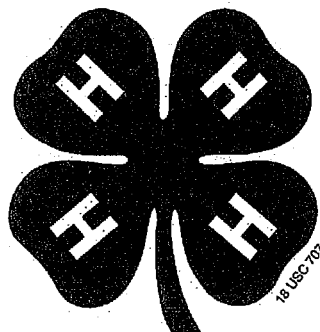
My Family likes to eat these muffins as a healthy dessert. We found the recipe in the Little Path Cookbook. We found that tossing the blueberries in flour makes it so they don't all sink to the bottom of the batter.

**Nutrition Statement-** Outline the major nutrients by ingredients in your recipe.

Major Ingredient or Food	Nutrient Provided by Food	Function of the Nutrient
Ex: Milk	Calcium	Builds strong bones and teeth
Blueberries	Vitamin K	Binds Calcium so body can use it
Milk	Calcium	Builds strong bones & teeth
Eggs	Vitamin D	Bone Health & Immune Functions
Wheat (Flour)	Thiamin (B1) Riboflavin (B2) Niacin (B3)	Healthy Nervous System Energy Production Heart Healthy
Wheat (Flour)	Folate (B9) Iron Selenium	DNA Synthesis & Repair help red blood cells circulate Heart Health

**Produced in NYS Statement-** Tell where the featured ingredient(s) is grown or produced in New York State and tell us at least 2 interesting facts about it.

Blueberries are grown on highbush plants in New York State. Blueberries are high in antioxidants.



I pledge...

my **head** to clearer thinking,  
 my **heart** to greater loyalty,  
 my **hands** to larger service, and  
 my **health** to better living for  
 my club, my community,  
 my country, and my world.