

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. Please note, there is a different Cloverbud Menu Planning Sheet.

Name:		
Age (as of Jan 1):	Year in Food Project:	Years in PINY
Recipe Title:		Featured NY Ingredient:

Menu Plan- Plan a complete menu for one meal that includes your recipe. Be sure to consider balanced nutrition, appearance, texture and flavors. (Please use correct grammar and spelling when completing these areas.) Have you included all the food groups from My Plate?

My Menu Plan is for (please check): Breakfast Lunch Dinner Snack



Story of your Recipe- Tell us the story of how you came to use this recipe. Where did you get the recipe? Why did you pick this one? Does your family like it? Did you change anything about it?

Nutrition Statement- outline the nutrients by major ingredients in your recipe. Try to include at least 3 top ingredients.

Major Ingredient or Food	Which Food Group (fruit, veg, protein, grain, or dairy?)	Nutrient Provided by Food	Function of the Nutrient
<i>Ex: Milk</i>	<i>Dairy</i>	<i>Calcium</i>	<i>Builds strong bones and teeth</i>

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.

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**.

