

Healthy and Safe Foods

Blizzard Bag Day #1

For your blizzard bags you will be responsible for critiquing and planning for three different healthy recipes that we could have made in class on our missed school days. They must differentiate from three separate categories (Ex: Pasta, vegetables, meat and poultry, etc.) Once you have choose your recipe you must complete the following:

1. Write each recipe including ingredients and cooking instructions on a sheet of paper (you may NOT print or type).
2. Identify **All** cooking utensils needed to prepare your recipe (Ex: spatula, cutting board)
3. Identify **All** cooking methods that are being used to make this recipe (Ex: boiling, roasting) discuss the healthy aspects of the cooking method that is being used.
4. Give nutrient information per serving for the recipe you have chosen and identify the yield of the recipe (yield= servings the recipe makes)
5. Identify the food groups that are being used in the recipe to critique the quality of the recipe for its “healthy” aspects

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Blizzard Bag Day #2

For your blizzard bags you will be responsible for critiquing and planning for three different healthy recipes that we could have made in class on our missed school days. They must differentiate from three separate categories (Ex: Pasta, vegetables, meat and poultry, etc.) Once you have choose your recipe you must complete the following:

1. Write each recipe including ingredients and cooking instructions on a sheet of paper (you may NOT print or type).
2. Identify **All** cooking utensils needed to prepare your recipe (Ex: spatula, cutting board)
3. Identify **All** cooking methods that are being used to make this recipe (Ex: boiling, roasting) discuss the healthy aspects of the cooking method that is being used.
4. Give nutrient information per serving for the recipe you have chosen and identify the yield of the recipe (yield= servings the recipe makes)
5. Identify the food groups that are being used in the recipe to critique the quality of the recipe for its “healthy” aspects

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Blizzard Bag Day #3

For your blizzard bags you will be responsible for critiquing and planning for three different healthy recipes that we could have made in class on our missed school days. They must differentiate from three separate categories (Ex: Pasta, vegetables, meat and poultry, etc.) Once you have choose your recipe you must complete the following:

1. Write each recipe including ingredients and cooking instructions on a sheet of paper (you may NOT print or type).
2. Identify **All** cooking utensils needed to prepare your recipe (Ex: spatula, cutting board)
3. Identify **All** cooking methods that are being used to make this recipe (Ex: boiling, roasting) discuss the healthy aspects of the cooking method that is being used.
4. Give nutrient information per serving for the recipe you have chosen and identify the yield of the recipe (yield= servings the recipe makes)
5. Identify the food groups that are being used in the recipe to critique the quality of the recipe for its “healthy” aspects