

4-H Harvest Food Fest Menu Planning Sheet

Return to office with your recipe

Name _____ Club _____

Recipe _____ Featured Product _____

Age (as of 1/01) _____ Cloverbud _____ Junior _____ Senior _____

Menu Plan – Plan a complete menu for breakfast, lunch or dinner including your recipe as one of the foods. Be sure to consider nutrition, appearance, texture and flavor. Use MyPlate as a guide.



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

Tell where the product that you are featuring in your recipe is commercially grown or produced in New York State. Also state 2 interesting facts about the product that you learned.

Nutrition Statement

Major ingredient or food

Nutrient provided

Function of Nutrient

Example: Milk

calcium

builds strong bones & teeth