



HEALTHY
CUISINE

MENU

Menu of Meal Being Served



HEALTHY CUISINE

INFORMATION & RECIPES

Name _____

County _____

Name _____

County _____

Preparation time for entire meal _____

• Why is this a healthy meal?

• List of convenience practices used in preparation of this meal:

• Anything you did to reduce the salt, sugar, fat in the recipe?

• Attach recipes for all foods prepared in this meal:

