**NUTRITION PRACTICAL HOURS - RECIPE DEVELOPMENT**

For this section, you will develop a healthy recipe for your client and blog.

The recipe must be created with the following criteria:

1. Ingredients must be from real, whole food choices – no processed foods please!
2. Must be “Complete in 3” approved for balanced blood sugar (include a protein, fibre & fat). **This must be referenced in the recipe description**.
3. Must provide the servings, calories and macronutrient breakdown per serving

Please also include the following:

1. Recipe title
2. A story about the recipe in the description (note – include something personal. Why did you create it? Who will love this recipe (ie kids, moms on the go, brunch lovers)? Please include the health and lifestyle benefits of this recipe based on what you have learned in the Nutrition section of the program. Also include what the “complete in 3” rule is, what makes this recipe complete in 3, why is this important?
3. The full recipe written out as per class step by step instructions
4. Pictures of the recipe (a min of 3)
5. A min of 1 tips how they could alter the recipe in lieu of a dietary restriction (example: Can’t have dairy? Sub the milk for unsweetened almond milk)
6. A min of 1 chick tip how they could sub an ingredient to alter the recipe (example: 2 Ingredient Dairy Free Ice Cream. Don’t like bananas? Sub out for mangos for the same creamy, dreamy texture)

Please submit as per assignment submission guidelines and written as a proper recipe / blog post on 1 – 2 pages. If you wish to use this as a submission for the FIT CHICKS Blog, please indicate in email when submitting and include a picture of yourself as well.

RECIPE PRACTICAL HOURS TEMPLATE

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RECIPE NAME:

RECIPE DESCRIPTION:

SOURCE (IF APPLICABLE):

PREP TIME:

COOK TIME:

TOTAL TIME:

TOTAL SERVINGS:

TOTAL CALORIES PER SERVING:

MACRONUTRIENT BREAKDOWN PER SERVING (INCL FIBRE GRAMS!):

INGREDIENTS:

DIRECTIONS

1.

TIPS TO ALTER IN LIEU OF A DIETARY RESTRICTION

TIPS TO SUB AN INGREDIENT TO ALTER THE RECIPE

ADDITIONAL NOTES

A MIN OF 3 PICS (and 1 extra of you too☺)

**FNE Recipe Practical Hours Evaluation Form**

**Student:**

**Mark: /15**

|  |  |  |
| --- | --- | --- |
| **Criteria** | **Mark** | **Comment** |
| **Recipe title** | **/1** |  |
| Includes a title for the recipe |  |  |
| **A story about the recipe** | **/4** |  |
| Includes something personal | /1 |  |
| Why it was created | /1 |  |
| Who will love this recipe (ie kids, moms on the go, brunch lovers)? | /1 |  |
| Includes the health and lifestyle benefits of this recipe | /1 |  |
| **The full recipe** | **/1** |  |
| Written out as per class step by step instruction |  |  |
| **Pictures of the recipe** | **/1.5** |  |
| Minimum of 3 |  |  |
| **How to alter the recipe in lieu of a dietary restriction** | **/1** |  |
| Minimum of 1 tip (Example: Can’t have dairy? Sub the milk for unsweetened almond milk) |  |  |
| **How to sub an ingredient to alter the recipe** | **/1** |  |
| Minimum of 1 tip (Example: 2 Ingredient Dairy Free Ice Cream. Don’t like bananas? Sub out for mangos for the same creamy, dreamy texture |  |  |
| **Serving sizes** | **/1** |  |
| Listed | /0.5 |  |
| Correct | /0.5 |  |
| **Calorie and Macronutrient** | **/1** |  |
| Listed | /0.5 |  |
| Correct | /0.5 |  |
| **Recipe is Complete in 3 Approved** | **/1.5** |  |
| What it is | /0.5 |  |
| Why it is important to healthy, balanced eating | /0.5 |  |
| Why this recipe is “complete in 3 approved” | /0.5 |  |
| **Based on Real, Whole Foods** | **/1** |  |
| **Layout** | **/1** |  |
| Was visually appealing and easy to understand |  |  |