



4-H Recipe Adaptation Worksheet

Rev. 2008 YD4H773A

Name: _____

County: _____

Original Recipe	(mg) Calcium	(gms) Fats/Oils	(gms) Fiber	(mg) Iron	(gms) Protein	(iu) Vitamin A	(mg) Vitamin C

Total Recipe Serving/Recipe Per Serving RDA for Age Group Senior Only	Calcium	Fats/Oils	Fiber	Iron	Protein	Vitamin A	Vitamin C

Recipe Adaptation	(mg) Calcium	(gms) Fats/Oils	(gms) Fiber	(mg) Iron	(gms) Protein	(iu) Vitamin A	(mg) Vitamin C

Total/Recipe Per Serving **Nutrition Improvement/serving	Calcium	Fats/Oils	Fiber	Iron	Protein	Vitamin A	Vitamin C

Juniors – 2 or more sentences. Seniors – 4 or more sentences.

Write on the back side of this worksheet.

1. Where did you get the nutrition content of your ingredients and how did the adaptation improve the nutrition of your recipe?
2. Why did you choose this recipe adaption?

**Adapted Recipe must include at least 25% improvement in at least one nutrient for Juniors and in 2 nutrients for Seniors. Except fats/oils should have at least a 3 gm fat/oil decrease per serving for both Juniors and Seniors.