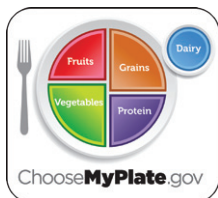




Choose My Plate

www.choosemyplate.gov/myplate/index.aspx



Name: Cook Kid
 County: Cherry ID# 416XXX
 Circle One: Beginner Junior Senior
 Recipe Name: Fruit Smoothie # of Servings 2
 Food Group Selected (Circle One):
 Grains Vegetables Fruits Dairy Protein

- Step 1:** List the amount of each ingredient in your selected food group (circled above). Complete only one of the columns below.
- Step 2:** Total the amount (cups or ounces) in the recipe for all of the ingredients in the food group you selected.
- Step 3:** Divide the **Total Cups or Ounces** (depending on the food group) by the number of servings in the recipe.
- Step 4:** Check "Yes" if your recipe contains the minimum serving size for the food group or "No" if it does not. All recipes entered in the Special Foods Contest must meet the minimum number of servings for the food group that was selected.

GRAINS Expressed in ounces or ounce equivalents	VEGETABLES Expressed in cups	FRUITS Expressed in cups	DAIRY Expressed in cups	PROTEIN Expressed in ounces or ounce equivalents
		1 Banana (1 Cup) 1 Cup Strawberries		
_____ Total ounces in recipe _____ ÷ Servings in recipe _____ = Ounces per serving Is there at least one ounce per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No	_____ Total cups in recipe _____ ÷ Servings in recipe _____ = Cups per serving Is there at least 1/2 cup per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No	<u>2</u> Total cups in recipe <u>2</u> ÷ Servings in recipe <u>1</u> = Cups per serving Is there at least 1/2 cup per serving? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	_____ Total Cups in recipe _____ ÷ Servings in recipe _____ = Cups per serving Is there at least 1 cup per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No	_____ Total ounces in recipe _____ ÷ Servings in recipe _____ = Ounces per serving Is there at least 1 1/2 – 2 ounces per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No

NOTE TO 4-H MEMBER: Be prepared to answer questions on the recommended daily amounts from the food group you select.