

New York State Fair Apple Contest MENU PLANNING SHEET

Name _____ County _____

Mailing Address: _____

Recipe _____

Age _____ ___ Junior ___ Senior (Please Check one)

1. Menu Plan – Plan a complete menu for one meal. Include your recipe as one of the menu items. As you create your menu plan, remember to consider nutritional value of foods, appearance, texture, and flavors of food items selected.

2. Statement of Origin – Explain the source of your recipe (cookbook, magazine, family member, etc.) Indicate any changes made (i.e. recipe modification, preparation and serving methods, etc.) Indicate any family preferences, such as how they like your recipe.

3. Nutrition Statement – Outline the major nutrients supplied by the ingredients in your recipe.

Major ingredient or food	Nutrient provided	Function of nutrient
<i>Example: Milk</i>	<i>Calcium</i>	<i>Builds strong bones and teeth</i>

4. Produced in New York State Statement – Please comment on where the apples are produced talk about at least two interesting facts about apple production.

Note: Should you need additional space to complete your menu-planning sheet, please feel free to expand your comments to a second page.