

Blizzard Bag: 1

Recipe Calculator

Objectives:

- Identify the amount of calories, fat, sugar, sodium, and etc. in a favorite recipe

Directions:

1. Using a recipe for one of your favorite foods, complete the Recipe Calculator worksheet.
2. You can use a recipe you have at home, or you can find many recipes online. www.allrecipes.com is an excellent resource for recipes.
3. Attach a copy of the recipe to your completed Recipe Calculator worksheet.

