

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. 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.
2. Go to the website www.sparkrecipes.com. Click on the recipe calculator and input the ingredients from your recipe.
3. Attach a copy of the recipe to your completed Recipe Calculator worksheet.

Recipe Calculator

Recipe: _____

Go to the website www.sparkrecipes.com. Click on the recipe calculator and input the ingredients from your recipe.

Directions: Fill in the Nutrition Facts information to the right and answer the questions below.

1. Were you surprised by the number of calories in this recipe per serving? Why or why not?
2. How many calories would be in the entire recipe? (multiply calories by number of servings)
3. How do you think you could cut down the number of calories or the amount of fat in the recipe?
4. Do you think this recipe has a lot of sodium? What are the consequences of eating a high sodium diet?
5. Does this recipe have many vitamins and nutrients? How many?
6. Overall, do you think this is a healthy recipe by reading the nutritional information? Explain.

| Nutrition Facts | |
|---|----------|
| _____ Servings | |
| Amount Per Serving | |
| Calories | _____ |
| Total Fat | _____ g |
| Saturated Fat | _____ g |
| Polyunsaturated Fat | _____ g |
| Monounsaturated Fat | _____ g |
| Cholesterol | _____ mg |
| Sodium | _____ mg |
| Potassium | _____ mg |
| Total Carbohydrate | _____ g |
| Dietary Fiber | _____ g |
| Sugars | _____ g |
| Protein | _____ g |
| Vitamin C | _____ % |
| Calcium | _____ % |
| Iron | _____ % |
| Riboflavin | _____ % |
| Thiamin | _____ % |
| <hr/> <p>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</p> | |