

What can I change in my recipe?

Use this form to think about ways to modify your meals toward a healthier pattern!

This is a great family activity to engage children in preparing foods together. Make multiple copies for different dishes!

Steps:

1. With your family, pick one of the family favorite dishes and briefly describe the cooking methods
2. **The left column:** write down all the ingredients in each bucket (leave blank if your dish does not include one of the food groups). Note if each ingredient is fully prepared at home or bought ready-to-eat at a restaurant or grocery store
3. **The right column:** use what you have learned in the curriculum and other handouts, think about how you can make each part of your dish healthier while remaining delicious!
4. With the new ingredients, think about whether you can change your cooking methods
5. Repeat these steps for other dishes, and try them for at least 4 weeks!

*Use this worksheet with the following guides:

- Curriculum
- A Meal Plan Guide
- Salt Reduction Guide for Parents
- A Guide to Freezing Fruits and Vegetables

Dish name: _____

How is it prepared? (Hint: made at home or bought in store? Fry? Roast? Sear? Steam? Stir-fry?)

Food group	Instead of...	How about...?
Protein (tofu, chicken, pork, beef, duck, etc.)	<i>Hint: made at home or bought in store?</i>	<i>Hint: can you make at home instead?</i>
Grain (rice, barley, noodles, etc.)		<i>Hint: mixed rice with other grains or root vegetables?</i>
Vegetables and fruits		<i>Hint: seasonal vegetables?</i>
Oil	<i>Hint: What type? How much?</i>	<i>Hint: olive oil, canola oil</i>
Salt	<i>Hint: How much?</i>	<i>Hint: Cut down salt in half? Skip? Replace with herbs and spices?</i>
Sugar	<i>Hint: How much?</i>	<i>Hint: Cut down sugar in half? Skip? Replace with herbs and spices?</i>
Sauces and paste	<i>Hint: How much? Cooking wine, rice vinegar, Lao-gan-ma, etc.</i>	<i>Hint: Cut down in half? Skip? Replace with herbs and spices?</i>
Herbs		
Spices		
Others	<i>Hint: tapioca flour, corn starch)</i>	<i>Hint: mashed potatoes to thicken?</i>

With a new set of ingredients, how will you prepare the food differently? (e.g. steam instead of fry)
