

NUTRIMEAL ASSIGNMENT
(worth 30 test points)

Your assignment is to make a healthy recipe of your choice, using only whole, nutritious foods and spices.

1. Use a minimum of five ingredients. **You may use any whole, natural food or spice.** Do not use processed foods, such as white flour, sugar, processed meats, etc.
2. List each ingredient along with a brief description of its health benefits. (You will have to use websites or books to find benefits.) Example: avocado—lowers risk of heart disease, stroke and cancer.
3. Name your recipe.
4. Make the meal and bring it to class. You may make enough for yourself, enough to share with a few people, or enough for everyone in the class. If you plan on sharing, bring cups, plates, forks, napkins, etc.
5. Worth 30 test points.

To receive 30 points, you must complete all parts of the assignment. No credit will be given for bringing a description of the recipe without bringing the meal.