

Name: _____

Period: _____

Complex Carbohydrate Food Comparison

Instructions: Compare the made from scratch and convenience complex carbohydrate food and fill out the information.

What's a hypothesis?

A supposition or proposed explanation made on the basis of limited evidence as a starting point for further investigation.

Which food, the one from scratch or the convenience one, will taste better?

Hypothesis:

1.

Explain your Reasoning: _____

COMPLEX CARBOHYDRATE COMPARISON AND CRITIQUE

Instructions: Taste test the convenience food and food from scratch. Compare and critique each one based on taste/texture/flavor and nutritional value and cost comparison.

The nutrition label cost/unit pricing will be provided by each food.

- For the Taste/Texture/Flavor: grade the food product on a scale of 1-5 (1 is low, 5 is high)

	Taste (1-5)	Cost per serving	Total Fat	Saturated Fat	Sodium
Fried Rice Scratch					
Frozen Fried Rice					

Analysis

1. Did you find that sodium levels were higher in “from scratch” foods or “convenience” foods? Explain your reasoning.

2. What could be the advantages of cooking foods from scratch vs. buying the same product as a convenience food (ready made)?

3. What could be the disadvantages of cooking foods from scratch vs. buying them as a convenience food?
4. Using the data you collected, which foods did you find were generally more nutritious (from scratch or convenience food)? Why? Explain your reasoning.
5. Give a real-life example where you personally would choose a convenience food over a “from scratch” food?
6. Give a real-life example where you personally would choose a “from scratch” carbohydrate food over a convenience carbohydrate food?
7. Reflecting on the data you have collected, explain whether your hypothesis was correct, or not? Cite supporting examples from the data.

EXTRA CREDIT OPTION:

List 3 ingredients from the food labels (either convenience or from scratch) and investigate their function in the food.

Name: _____

Period: _____

Protein Food Comparison

Instructions: Hypothesize which is going to be the healthier option. Discuss and explain why you chose that option.

Hypothesis:

Explanation:

COMPARISON AND CRITIQUE

Instructions: Taste test each protein food and convenience food. Compare and critique each one based on taste/texture/flavor and nutritional value and cost comparison. The nutrition label cost/unit pricing will be provided by each food.

For the Taste/Texture/Flavor: grade the food product on a scale of 1-5 (1 is low, 5 is high)

	Taste (1-5)	Cost per serving	Total Fat	Saturated Fat	Sodium
Calzones from Scratch:					
Pizza Pockets					

Analysis

Instructions: Now that you have rated which foods you prefer ("from scratch" or "convenience food"), collected nutritional data and compared costs, answer the following questions in complete sentences:

1-Did you find that sodium levels were higher in "from scratch" foods or "convenience" foods? Explain your reasoning.

2-What could be the advantages of cooking calzones from scratch vs. buying the same product as a convenience food (ready made)?

3-What could be the disadvantages of calzones from scratch vs. buying it as a convenience food?

4-Using the data you collected, which foods did you find were generally more nutritious (from scratch or convenience food)? Why? Explain your reasoning.

5-Overall which is healthier?: from scratch or the convenience food.

Name: _____ Period: _____

High Fat – Low Fat Food Comparison

Instructions: Hypothesize which is going to taste better – the regular fat or low-fat version. Discuss and explain why you chose that option.

What's a hypothesis?

A supposition or proposed explanation made on the basis of limited evidence as a starting point for further investigation.

Hypothesis:

Explanation:

FAT AND LOWFAT COMPARISON AND CRITIQUE

Instructions: Taste test the regular and low fat food. Compare and critique each one based on taste/texture/flavor and nutritional value and cost comparison.

The nutrition label cost/unit pricing will be provided by each food.

	Taste (1-5)	Cost per serving	Total Fat	Saturated Fat	Sodium
Regular Macaroni & Cheese					
Low Fat Macaroni & Cheese					

Analysis

Instructions: Now that you have rated which foods you prefer ("regular fat" or "low-fat"), collected nutritional data and compared costs, answer the following questions in complete sentences:

1-If you didn't have the regular fat version, only the low-fat version would you still think the rolls tasted good? Explain your reasoning.

2-Would using lower fat versions of foods be worth it if it prolonged your life or prevented diseases like heart disease or diabetes?

3-What happens to sodium levels when you make it low fat? Is that good or bad?

Name: _____

Period: _____

Fresh Fruit or Vegetable vs. Processed or Frozen Fruit or Vegetable Food

Instructions: Hypothesize which is going to taste better – the homemade or the store bought convenience smoothie. Discuss and explain why you chose that option.

What's a hypothesis?

A supposition or proposed explanation made on the basis of limited evidence as a starting point for further investigation.

Hypothesis:

Explanation:

FRUIT SMOOTHIE COMPARISON AND CRITIQUE

Instructions: Taste test the fresh and frozen/convenience fruit or vegetable food. Compare and critique each one based on taste/texture/flavor and nutritional value and cost comparison. For the

Taste/Texture/Flavor: grade the food product on a scale of 1-5 (1 is low, 5 is high)

	Taste (1-5)	Cost per serving	Calories	Total Fat	Saturated Fat	Sodium
Smoothie from Scratch:						
Store Bought Smoothie:						

Analysis

Instructions: Now that you have rated which foods you prefer ("from scratch" or "convenience food"), collected nutritional data and compared costs, answer the following questions in complete sentences:

1-Did you find that sodium levels were higher in "from scratch" foods or "convenience" foods? Explain your reasoning.

2-What could be the advantages of making your own vs. buying the same product as a convenience food (ready made)?

3-What could be the disadvantages of a smoothie from scratch vs. buying it as a convenience food?

4-Using the data you collected, which foods did you find were generally more nutritious (from scratch or convenience food)? Why? Explain your reasoning.

5-Overall which is healthier the food from scratch or the convenience food?

- Actively participate in the preparation of a complex carbohydrate food from scratch. (Standard 3)
- Compare the nutritional content and cost of a comparable convenience food vs. the complex carbohydrate food from scratch. (Standard 3)

Complex Carbohydrate Recipes

- 1- IHOP Copycat Pancakes vs. Buttermilk Pancake Mix
- 2- Buttermilk Biscuits vs. Refrigerator Buttermilk Biscuits
- 3- Pumpkin Muffins vs. Store bought Muffins
- 4- Fried Rice vs. Fried Rice in Frozen Food Section
- 5- Pasta from scratch vs. store bought dried or fresh pasta.
- 6- Gramma J's Oatmeal Cookies vs. store bought oatmeal cookies

1 – IHOP CopyCat Pancakes

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 ¼ c. Flour	.10 cents	0 g	0 g	0 mg.
1 tsp. Baking Powder	.02 cents	0 g	0 g	480 mg.
1 tsp. Baking Soda	.01 cents	0 g	0 g	1280 mg.
1/8 tsp. Salt	.01 cents	0 g	0 g	295 mg.
1 Egg, beaten	.19 cents	5 g	1.5 g.	50 mg.
1 ¼ c. Buttermilk	.55 cents	3.1 g	1.9 g	363 mg.
2 Tbsp. Melted Butter (salted)	.22 cents	22 g	14 g	180 mg.
¼ c. Sugar	.05 cents	0 g	0 g	0 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

In a large bowl mix together flour, baking powder, baking soda, and salt. Mix the beaten egg with the buttermilk and add to flour mixture. Stir just until smooth. Add the melted butter and sugar. Preheat **non-stick** griddle or frying pan for 5 minutes on medium heat. Fry pancakes until golden brown on each side. YOU DON'T NEED TO GREASE THE PAN.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Store Bought Pasta				
Totals ÷ Kids in your group = Amounts per Serving				

2 – Buttermilk Biscuits

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
2 1/4 c. flour	.18 cents	0 g	0 g	0 mg.
1 Tbsp. baking powder	.06 cents	0 g	0 g	1440 mg.
1/2 tsp. salt	.04 cents	0 g	0 g	1180 mg.
1/2 tsp. baking soda	.01 cents	0 g	0 g	640 mg.
1/4 c. Shortening	.16 cents	48 g	14 g	0 mg.
1/4 c. Butter	.44 cents	44 g	28 g	360 mg.
3/4 c. buttermilk	.34 cents	6 g	4 g	219 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

1. Preheat oven to 425°.
2. In a large mixing bowl, combine flour, baking powder, salt and baking soda.
3. Using a pastry blender, cut the shortening and butter into the flour mixture until it looks crumbly.
4. Add the buttermilk and mix until a dough forms.
5. Lightly flour your counter and knead the dough for 10 times.
6. Press dough out to 1/2 inch thick. Cut out biscuits with a biscuit cutter.
7. Place biscuits on greased cookie sheet close together.
8. Bake at 425° for 12 minutes.
9. Remove from oven and eat warm. Enjoy!

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Refrigerator Biscuits				
Totals ÷ Kids in your group = Amounts per Serving				

3 – Pumpkin Muffins

¾ c. White Sugar
 ¼ c. Vegetable Oil
 2 Eggs
 ¾ c. Canned Pumpkin
 ¼ c. Water
 1 ½ c. Flour
 ¾ tsp. Baking Powder
 ½ tsp. Baking Soda
 ¼ tsp. Cloves
 ½ tsp. Cinnamon
 ¼ tsp. Salt
 ¼ tsp. Nutmeg
 ½ c. Semisweet Chocolate Chips (Optional)

Preheat oven to 400°F. Place paper liners in regular cupcake pan.

Mix sugar, oil, eggs. Add pumpkin and water. In separate bowl mix flour, baking powder, baking soda, salt and spices. Add wet mixture and stir well. Stir in chocolate chips.

Fill muffin cups 2/3 full with batter. Bake in preheated oven for 20-25 minutes. Makes 12 muffins.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
¾ c. White Sugar	.15 cents	0 g	0 g	0 mg.
¼ c. Vegetable Oil	.22 cents	56 g	4 g	0 mg.
2 Eggs	.38 cents	10 g	3 g.	100 mg.
¾ c. Canned Pumpkin	.52 cents	.75 g	0 g	7.5 mg.
1 ½ c. Flour	.12 cents	0 g	0 g	0 mg.
¾ tsp. Baking Powder	.01 cents	0 g	0 g	960 mg.
½ tsp. Baking Soda	.01 cents	0 g	0 g	640 mg.
¼ tsp. Cloves	.01 cents	0 g	0 g	0 mg.
½ tsp. Cinnamon	.02 cents	0 g	0 g	0 mg.
¼ tsp. Salt	.01 cents	0 g	0 g	590 mg.
¼ tsp. Nutmeg	.01 cents	0 g	0 g	0 g
½ c. Semisweet Chocolate Chips (Optional)	.88 cents	32 g	20 g	0 g
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Store Bought Pumpkin Muffins				
Totals ÷ Kids in your group = Amounts per Serving				

4 – Fried Rice

4 – Rice – Get Rice started cooking.

1 c. Rice

2 c. Water

Mix rice and water in a sauce pan and bring to boil. When mixture begins to boil, turn heat to low and cover with a lid. Let rice cook for 20 minutes. Remove from heat and let stand 5 minutes. Fluff with fork before serving.

3 c. Cooked Rice

2 Tbsp. Oil

¼ c. Diced Ham or Turkey Ham

1 stalk Celery, sliced

1 Green Onion, sliced

2 Tbsp. Water Chestnuts, chopped

1/4-1/2 c. Frozen Mixed Vegetables

2 Eggs

1-2 Tbsp. Soy Sauce

Sauté celery and ham in oil for 3 minutes on medium high heat, stirring constantly. Stir in rice, water chestnuts and green onion; stir fry for 2 minutes. Push food to one side and cook the slightly beaten eggs. When egg is cooked, mix in with other ingredients in the pan and stir-fry. Season with soy sauce.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 c. Rice	.29 cents	0 g	0 g	0 mg
2 Tbsp. Oil	.11 cents	28 g	2 g	0 mg.
1/2 c. Turkey Ham	.87 cents	4 g	1 g	510 mg.
1 stalk Celery, sliced	.17 cents	0 g	0 g	0 mg.
1 Green Onion, sliced	.06	0 g	0 g	0 mg.
2 Tbsp. Water Chestnuts	.18 cents	0 g	0 g	1 mg.
2/3 c. Frozen Mixed Vegetables	.23 cents	0 g	0 g	20 mg.
2 Eggs	.38 cents	10 g	3 g.	100 mg.
1-2 Tbsp. Soy Sauce	.06-.12 cents	0 g	0 g	900/T. or 1800/2T.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Frozen Fried Rice				
Totals ÷ Kids in your group = Amounts per Serving				

5 – Pasta

1- Bring large pot of water to boil. (Use lid to boil faster)

Ingredients:

1 1/3 c. Flour

¼ t. Salt

*Mix and make a well.

1 T. Olive Oil

2 eggs

*Pour this into well and knead. Wrap. Let sit for 10-15 minutes to relax the gluten.

Instructions:

Divide dough into 4 pieces.

Roll through large roller, then next smallest, then next smallest.

Roll through linguini cutter.

Place in boiling water for 1 minute.

Toss with butter or olive oil and garlic salt or alfredo sauce.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 1/3 c. Flour	.11 cents	0 g	0 g	0 mg.
¼ t. Salt	.01 cents	0 g	0 g	590 mg.
1 T. Olive Oil	.11 cents	14 g	2 g	0 mg.
2 eggs	.38 cents	10 g	3 g.	100 mg.
Pasta Sauce Mix (Alfredo) McCormick Alfredo Sauce Packet	\$2.12	7 g	5 g	1220 mg.
Butter (3 Tbsp.)	.33 cents	33 g	21 g	180 mg.
Milk (1 c. Skim)	.14 cents	0 g	0 g	130 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Store Bought Pasta				
Totals ÷ Kids in your group = Amounts per Serving				

6 – Gramma J's Oatmeal Cookies

½ c. Shortening
 1 Tbsp. Butter
 1/3 c. Sugar
 ½ c. Brown Sugar
 1 Egg
 1 tsp. Vanilla
 1 c. Flour
 ½ tsp. Baking Soda
 ½ tsp. Baking Powder
 ¼ tsp. Salt
 1 c. Oatmeal

*Preheat oven to 350°F.

Cream shortening, butter, sugar and brown sugar until smooth. Add eggs and vanilla to sugar mixture and blend well.

Mix together in separate bowl the flour, salt, baking soda, and baking powder. Add to egg/sugar mixture and blend. Stir in oatmeal, mix well. Roll into balls and place on greased or lined cookie sheet. Flatten with fork or palm of your hand. Bake for

8-10 minutes. Makes 18 large or 24 small cookies.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
½ c. Shortening	.32 cents	96 g	28 g	0 mg.
1 Tbsp. Butter	.11 cents	11 g	7 g	90 mg.
1/3 c. Sugar	.18	0 g	0 g	0 mg.
½ c. Brown Sugar	.14 cents	0 g	0 g	0 mg.
1 Egg	.19 cents	5 g	1.5 g.	50 mg.
1 tsp. Vanilla	.02 cents	0 g	0 g	0 mg.
1 c. Flour	.08 cents	0 g	0 g	0 mg.
½ tsp. Baking Soda	.01 cents	0 g	0 g	640 mg.
½ tsp. Baking Powder	.01 cents	0 g	0 g	640 mg.
¼ tsp. Salt	.01 cents	0 g	0 g	590 mg.
1 c. Oatmeal (Quick Cooking)	.22 cents	6 g	1 g	0 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Store Bought Oatmeal Cookies				
Totals ÷ Kids in your group = Amounts per Serving				

Cost of Staples

DAIRY PRODUCTS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Milk:					
whole	\$2.30	1 gal	\$0.14	cup	gal = 16 cups
2%	\$2.30	1 gal	\$0.14	cup	gal = 16 cups
skim	\$2.30	1 gal	\$0.14	cup	gal = 16 cups
buttermilk	\$1.72	1 qt	\$0.43	cup	qt = 4 cups
powdered	\$15.98	64 oz/4 lbs	\$2.00	cup	1 lb = 2 cups
evaporated	\$0.88	12 fl oz	\$0.88	can	can = 2 cups
Sweetened Cond. Milk	\$1.56	14 oz	\$1.56	can	1 lb = 1.5 cups
yogurt	\$2.34	32oz/2 lbs	\$0.59	cup	1 lb = 2 cups
yogurt	\$0.49	6 oz	\$0.49	6 oz	1 lb = 2 cups
Cream:					
sour	\$1.68	16 oz	\$0.84	cup	1 lb = 2 cups
whipping	\$4.14	1 qt	\$1.04	cup	1 pt = 1 qt whipped
half & half	\$2.16	1 qt	\$0.54	cup	
Cheese:					
cottage	\$1.98	16 oz	\$0.99	cup	1 lb = 2 cups
cheddar, mild	\$4.72	1 lb	\$0.30	oz	1 lb = 2 cups
sharp	\$4.72	1 lb	\$0.30	oz	1 lb = 2 cups
mozzarella	\$4.72	1 lb	\$0.30	oz	1 lb = 2 cups
swiss	\$2.48	8 oz	\$0.31	oz	1 lb = 2 cups
ricotta	\$3.98	32 oz	\$0.12	oz	1 lb = 2 cups
processed (sliced)	\$3.33	16 oz	\$0.21	1 oz	1 lb = 16-20 slices
parmesan -- fresh	\$2.44	5 oz	\$0.49	1 oz	1 lb = 2 cups
parmesan -- canned	\$5.42	16 oz	\$0.34	1 oz	1 lb = 2 cups
cream cheese	\$1.50	8 oz	\$0.19	1 oz	1 lb = 2 cups
Eggs:					
medium	\$2.09	1 doz	\$0.17	each	1 lb = 8-10 eggs
large	\$2.67	1 doz	\$0.22	each	1 lb = 8-10 eggs
LIPIDS (FATS)	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Margarine:					
stick	\$0.98	1 lb	\$0.03	tbsp	1 lb = 2 cups
tub	\$1.50	15 oz	\$0.10	tbsp	1 lb = 2 cups
butter	\$2.97	1 lb	\$0.09	tbsp	1 lb = 2 cups
shortening	\$4.12	48 oz/ 3 lbs	\$0.61	cup	1 lb = 2.25 cups
canola oil	\$2.00	48 oz	\$0.33	cup	8 oz = 1 cup
vegetable oil	\$1.98	48 oz	\$0.33	cup	1 lb = 2 cups
olive oil	\$5.46	25.5 oz	\$1.71	cup	8 oz = 1 cup
CEREALS & FLOUR	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Flour:					
white	\$1.56	5 lbs	\$0.08	cup	1 lb = 4 cups
whole wheat	\$3.64	5 lbs	\$0.18	cup	1 lb = 3.75-4 cups
bread	\$2.72	5 lbs	\$0.14	cup	1 lb = 4 cups
cake	\$3.83	48 oz	\$0.34	cup	1 lb = 3.75 cups
bisquick	\$6.72	6 lbs/96 oz	\$0.28	cup	

Crackers:					
saltines	\$1.78	16 oz	\$0.01	each	1 lb = 150-160 ckr
graham	\$1.94	14.4 oz	\$0.03	each	1 lb = 60-65 ckr
graham crust	\$1.50	each	\$1.50	each	
Bread:					
white	\$0.94	1 loaf	\$0.06	slice	1 loaf = 18 slices
whole wheat	\$1.58	1 loaf	\$0.09	slice	1 loaf = 18 slices
tortillas	\$1.00	12 ct.	\$0.08	each	
croutons	\$1.00	5 oz	\$0.03	Tbsp	40 per bag
bread crumbs	\$1.32	15 oz	\$0.39	cup	14- ¼ cups per
Pasta:					
spaghetti (uncooked)	\$1.00	16 oz	\$0.25	4 oz	
noodles (uncooked)	\$1.00	16 oz	\$0.25	4 oz	
macaroni (uncooked)	\$1.00	16 oz	\$0.25	4 oz	1 lb = 4 cups
lasagna noodles	\$1.28	16 oz	\$0.05	Each	24 per box
manicotti noodles	\$1.28	8 oz	\$0.11	Each	12 per box
rotini noodles	\$1.00	16 oz	\$0.25	4 oz	
Rice:					
regular	\$2.98	5 lbs	\$0.26	Cup	1 lb = 2.33 cups
quick	\$2.44	28 oz	\$0.60	Cup	1 lb = 2.33 cups
brown	\$0.84	16 oz	\$0.36	cup	1 lb = 2.33 cups
Oatmeal	\$3.18	42 oz	\$0.21	cup	15 cups per
cornmeal	\$2.36	5 lbs	\$0.16	cup	1 lb = 3 cups
Corn Flakes	\$1.98	18 oz	\$0.11	cup	1 lb = 4 qts
Rice Krispies	\$2.74	18 oz	\$0.15	cup	1 lb = 4 qts
FRUITS & JUICES					
	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Fresh:					
apples	\$0.99	1 lb	\$0.33	each	1 lb = 3-4 med.
avocado	\$0.78	each	\$0.98	each	1 lb = 2 medium
banana	\$0.52	1 lb	\$0.17	each	1 lb = 3 medium
grapes	\$1.99	1 lb	\$1.98	lb	1 lb = 1 qt
grapefruit	\$0.98	each	\$0.98	each	1 lb = 1 grapefruit
kiwi	\$0.48	each	\$0.48	each	
lemons	\$0.38	each	\$0.38	each	1 lb = 4-5 lemons
limes	\$0.33	each	\$0.33	each	
nectarine	\$3.99	1 lb	\$	each	
peaches	\$3.99	1 lb	\$1.00	each	1 lb = 4 medium
pears	\$0.97	1 lb	\$0.28	each	1 lb = 3-4 medium
oranges	\$0.78	each	\$0.78	each	1 lb = 3-4 medium
strawberries	\$3.99	1 lb	\$		
blueberries	\$4.99	4 oz	\$		
raspberries	\$2.48	6 oz	\$		
Canned:					
applesauce	\$1.98	48 oz	\$0.33	cup	1 lb = 2 cups
fruit cocktail	\$1.08	15 oz	\$0.54	cup	
grapefruit	\$1.38	15 oz	\$0.69	cup	1 lb = 2 cups
peaches	\$1.08	15 oz	\$0.54	cup	1 lb = 2 cups
pears	\$1.08	15 oz	\$0.43	cup	1 lb = 2.5 cups

pineapple chunks	\$1.16	20 oz	\$0.46	cup	1 lb = 2 cups
pineapple crushed	\$1.16	20 oz	\$0.46	cup	1 lb = 2 cups
mandarin oranges	\$0.98	15 oz	\$0.49	cup	
Frozen:					
strawberries	\$2.54	16 oz	\$	Cup	
blueberries	\$2.98	12 oz	\$1.15	Cup	
raspberries	\$3.86	12 oz	\$	Cup	
peaches	\$2.68	16 oz	\$	cup	
Juice:					
apple	\$2.48	96 oz	\$	cup	
cranberry	\$2.78	64 oz	\$	cup	
orange (frozen concentrate)	\$1.53	12 fl oz	\$	6 oz	6 oz = 3 cups (reconstituted)
tomato	\$2.00	46 oz	\$	cup	
grapefruit	\$2.68	64 oz	\$	cup	
pineapple	\$3.34	64 oz	\$		
SUGARS & SWEETS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Granulated	\$11.98	25 lb	\$0.20	cup	1 lb = 2.25 cups
Brown	\$1.62	2 lb	\$0.27	cup	1 lb = 3 cups
Powdered	\$1.62	2 lb	\$0.25	cup	1 lb = 3.25 cups
Molasses	\$2.86	12 oz	\$1.91	cup	1 lb = 1.33 cups
Honey	\$7.84	32 oz	\$2.94	cup	1 lb = 1.33 cups
Corn Syrup	\$6.88	16 oz	\$3.44	cup	1 lb = 1.5 cups
Jam & Jelly	\$2.00	32 oz	\$0.66	cup	1 lb = 1.33-1.5 cups
MISCELLANEOUS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Miracle Whip	\$3.48	30 oz	\$	cup	
Mayonnaise	\$2.36	15 oz	\$1.18	cup	1 lb = 2 cups
Salad dressing (ranch, etc.)	\$2.00	16 oz	\$1.00	cup	1 lb = 2 cups
Bouillon Cube	\$2.00	3.25 oz	\$	each	
Shredded coconut	\$2.66	14 oz	\$0.49	cup	1 lb = 4.75 cups
Raisins	\$2.98	20 oz	\$0.79	cup	1 lb = 3 cups
Walnuts	\$7.98	16 oz	\$0.74	cup	1 lb = 4 cups
Ketchup	\$2.58	64 oz	\$0.32	cup	1 lb = 2 cups
Mustard	\$1.38	20 oz	\$0.55	cup	1 oz = 2 Tbsp
Salt	\$0.54	26 oz	\$0.01	tsp	1 lb = 72 tsp
Tapioca	\$3.38	8 oz	\$0.42	tbsp	1 lb = 3 cups
Cornstarch	\$0.50	12 oz	\$0.01	tbsp	1 lb = 3.5 cups
Baking Powder	\$1.24	8 oz	\$0.05	Tbsp.	1 oz = 2.33 tbsp
Baking Soda	\$0.54	16 oz	\$0.01	Tbsp.	1 oz = 2.33 tbsp
Vinegar	\$0.82	16 oz	\$0.05	Oz	1 lb = 2 cups
Vinegar (cider)	\$1.00	16 oz	\$0.06	oz	1 lb = 2 cups
Vanilla (imitation)	\$0.98	8 oz	\$0.02	tsp	1 oz = 2 Tbsp
Vanilla (real)	\$3.68	2 oz	\$0.31	tsp	1 oz = 2 Tbsp
Italian Seasoning	\$0.94	0.95 oz	\$		
Garlic Powder	\$0.94	3.62 oz	\$		
Onion Powder	\$0.94	4 oz	\$		
Cinnamon	\$2.12	2.37 oz	\$0.07	tsp	1 oz = 4 tbsp

Basil (dry)	\$4.97	2.82 oz	\$		
Basil (fresh)	\$1.98	0.75 oz	\$		
Parsley (fresh)	\$0.99	bunch	\$	bunch	
Parsley (dry)	\$0.94	0.4 oz	\$	oz	
Rosemary	\$3.97	0.7 oz	\$	oz	
Sun dried tomatoes	\$3.48	8.5 oz	\$0.41	oz	
Yeast (dry)	\$3.37	16 oz	\$0.05	tbsp	1 oz = 3 T+1 tsp
Worcestershire sauce	\$1.00	10 fl oz	\$	tbsp	
Soy sauce	\$1.88	15 oz	\$	tbsp	
Barbeque sauce	\$3.48	40 oz	\$		
Teriyaki sauce	\$2.28	15 oz	\$		
Cocoa	\$2.48	8 oz	\$1.10	cup	1 lb = 4.5 cups
Unsweetened Chocolate	\$2.00	4 oz	\$0.50	1 sq	1 lb = 16 sq
Chocolate Chips	\$1.98	11.5 oz	\$	cup	1 lb = 2.66 cups
Peanut Butter Chips	\$2.38	10 oz	\$1.43	cup	1 lb = 2.66 cups
Jello (powdered)	\$1.08	6 oz	\$0.54	3 oz	1 lb = 2.25 cups
Salsa	\$1.98	24 oz	\$	cup	
Ice Cream	\$2.97	48 fl oz	\$	cup	1 gal = 4.5-6 lbs
Frozen Yogurt	\$3.97	1.75 qt	\$	cup	
Sherbet	\$2.97	48 fl oz.	\$	cup	1 gal = 6 lb
Whipped Topping	\$0.94	8 oz	\$0.94	8 oz	
Marshmallows	\$0.96	10 oz	\$	cup	1 lb = 8 cups
Peanut Butter	\$2.18	18 oz	\$	cup	1 lb = 2 cups
Soda Pop	\$4.68	12 pk	\$0.39	12 oz	
Soda Pop	\$1.00	2 liter	\$1.00	2 liter	
SOUP	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Cheese	\$1.34	10.75	\$1.34	can	
Cream of Chicken	\$0.98	10.75 oz	\$0.98	can	
Cream of Mushroom	\$0.98	10.75 oz	\$0.98	can	
Broth, beef	\$0.78	14.5 oz	\$0.39	Cup	
Broth, chicken	\$0.78	14.5 oz	\$0.39	cup	
Dry Onion	\$0.92	2.5 oz	\$0.46	1 envelope	1 oz = 2.5 tbsp
Tomato	\$0.98	10.75 oz	\$0.98	can	
Vegetable	\$1.25	10.5 oz	\$1.25	can	
Vegetable Beef	\$1.25	10.5 oz	\$1.25	can	
Ramen	\$2.27	12 ct.	\$0.19	each	
VEGETABLES	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Fresh:					
broccoli	\$1.74	1 lb	\$1.74	lb	1 lb = 1 med. Head
cabbage	\$0.68	1 lb	\$0.68	head	
carrots	\$0.78	1 lb	\$0.78	lb	1 lb = 4-5 medium
asparagus	\$3.37	1 lb	\$3.37		
cauliflower	\$1.99	1 lb	\$1.99	lb	1 lb = 1 medium head
celery	\$1.48	1 lb	\$	stalk	
cucumbers	\$0.68	each	\$0.68	each	1 lb = 2-3 large
lettuce (iceberg)	\$1.48	1 head	\$1.48	1 head	1 head = 2 lbs
lettuce (green leaf)	\$1.78	1 bunch	\$1.78	bunch	1 bunch = 2 lbs
sliced mushrooms	\$1.98	8 oz	\$	lb	1 lb = 5 cups
onions	\$0.88	1 lb	\$0.22	each	1 lb = 4-5 medium

peppers, red	\$1.47	each	\$1.47	lb	1 lb = 2-3 medium
peppers, green	\$0.88	each	\$0.88	lb	1 lb = 2-3 medium
potatoes	\$1.84	10 lbs	\$0.06	each	1 lb = 3 medium
spinach	\$1.47	1 bunch	\$1.47	bunch	1 bunch = 2 lbs
tomatoes	\$1.48	1 lb	\$0.49	each	1 lb = 3-4 medium
Canned:					
corn	\$0.69	15.25 oz	\$	cup	1 lb = 3 cups
green beans	\$0.59	14.5 oz	\$	cup	
peas	\$0.69	15 oz	\$	cup	
stewed tomatoes	\$1.59	28 oz	\$	cup	1 lb = 2 cups
diced tomatoes	\$1.59	28 oz	\$	cup	1 lb = 2 cups
whole tomatoes	\$1.59	28 oz	\$	cup	1 lb = 2 cups
Frozen:					
broccoli	\$0.98	12 oz	\$0.33	cup	1 lb = 4 cups
cauliflower	\$1.44	16 oz	\$0.36	cup	1 lb = 4 cups
corn	\$0.98	12 oz	\$0.42	cup	1 lb = 3 cups
green beans	\$0.98	12 oz	\$0.42	cup	1 lb = 3 cups
peas	\$0.98	12 oz	\$	cup	
mixed vegetables	\$0.98	12 oz	\$	cup	
MEATS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Bacon	\$4.48	1 lb	\$4.48	lb	1 lb = 14-25 slices
cooked bacon	\$3.73	10 slices	\$0.37	lb	1 lb = 14-25 slices
Chicken (whole)	\$1.06	1 lb	\$1.06	lb	
Chicken (breast)	\$1.99	1 lb	\$1.99	lb	
Chicken (canned)	\$2.38	12.5 oz	\$2.38	can	
Beef:					
ground, regular	\$10.99	5 lbs	\$2.20	lb	
ground, lean	\$2.39	1 lb	\$2.39	lb	
ground, extra lean	\$2.69	1 lb	\$2.69	lb	
roast sirloin tip	\$3.69	1 lb	\$3.69	lb	
Fish:					
halibut	\$11.99	1 lb	\$11.99	lb	
salmon	\$5.79	1 lb	\$5.79	lb	
tuna	\$1.49	6 oz	\$1.49	can	1 lb = 2 cups
Pork chops	\$2.30	1 lb	\$2.30	lb	
Sausage	\$2.74	1 lb	\$2.74	lb	1 lb = 16-17 links
Turkey:					
whole	\$1.39	1 lb	\$1.39	lb	
ground	\$2.41	1 lb	\$2.41	lb	
Pepperoni	\$2.00	5 oz	\$0.40	oz	
Lunch Meats	\$2.98	7 oz	\$0.66	5 slices	4.5 per box
Turkey breast	\$5.39	1 lb	\$5.39	lb	
Hot Dogs	\$1.34	12 oz	\$0.17	1 lb	1 lb = 8 hot dogs
Turkey bacon	\$2.49	12 oz	\$	slice	1 lb = 14-25 slices
Bologna	\$1.89	16 oz	\$	slice	1 lb = 14-25 slices
PREPARED	Unit Cost	Unit Size	Cost Per	Serving	Conversion Factor

FOODS			Serving	Size	
Frozen Rolls	\$3.94	3 lbs	\$0.11	each	36 rolls per pkg.
Ready Pie Crust	\$2.36	15 oz	\$1.18	each	2 per package
Pudding	\$0.94	1 box	\$0.94	3 oz	
Pie Filling: Cherry	\$2.28	20 oz	\$0.33	1/3 c.	7 servings per can
Pie Filling: Pumpkin	\$3.30	29oz	\$0.47	½ c.	7 servings per can

Compiled by Ashley Braswell (Oak Canyon Jr., Alpine School District)

- Actively participate in the preparation of a **canned/frozen and/or fresh produce food**. (Standard 5)
- Compare the nutritional content and cost of a comparable canned/frozen vs. fresh produce food. (Standard 5)

Canned/Frozen, Convenience Fruit/Vegetable vs. Fresh Produce Food

- 1- Strawberry Banana Smoothie vs. store bought Strawberry Banana Smoothie (mini bottles)
- 2- Chicken Stir-fry
- 3- Apple Crisp

1 – Strawberry Banana Smoothie

1 c. Strawberries
 2 Ripe Bananas
 1 c. Yogurt, any flavor
 ½ c. Sugar
 1 tsp. Vanilla
 ½ c. Water

4 c. Ice

Blend strawberries, bananas, yogurt, sugar, vanilla and water. Add ice cubes a cup at a time until well blended.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 c. Fresh Strawberries*	.97	0 g	0 g	0 mg.
2 Bananas	.50 cents	.8 g	.2 g	2 mg.
1 c. Yogurt, any flavor	.59 cents	2 g	1 g	100 mg.
1/2 c. Sugar	.10 cents	0 g	0 g	0 mg.
1 tsp. Vanilla	.02	0 g	0 g	0 mg.
4 c. Ice	.23 cents	0 g	0 g	0 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

***1 c. Frozen Strawberries .75 cents 0 g Fat 0 g Sat. Fat 0 mg. Sodium**

Convenience Pre-Made Smoothie

Brand	Cost	Total Fat	Saturated Fat	Sodium
Pre-Made Smoothie				
Totals ÷ Kids in your group = Amounts per Serving				

2 - Nutrition and Cost Analysis of Chicken Stir Fry—4 Servings
Performance Objective 8—Fresh vs. Frozen Produce

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 tsp. bouillon	.12 cents	0 g	0 g	435 mg.
2 Tbsp. corn starch	.05 cents	0 g	0 g	0 mg.
1/4 c. soy sauce	.24 cents	0 g	0 g	3600 mg.
1/4 tsp. minced garlic	.03 cents	0 g	0 g	2 mg.
1 chicken breast	\$1.51	5 g	0 g	300 mg.
1-1/2 c. instant brown rice	.68 cents	4.5 g	0 g	0 mg.
1 c. broccoli	.83 cents	0 g	0 g	49 mg.
1 carrot—abt 1/2 cup	.09 cents	0 g	0 g	0 mg.
1 stalk of celery	.17 cents	0 g	0 g	0 mg.
1/4 lg. onion	.11 cents	0 g	0 g	0 mg.
1/4 c. water chestnuts	.36 cents	0 g	0 g	2 mg.
1/4 c. snow peas	.99 cents	0 g	0 g	0 g
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Brand	Cost	Total Fat	Saturated Fat	Sodium
Frozen Chicken Stir-Fry				
Totals ÷ Kids in your group = Amounts per Serving				

It is difficult to estimate time for these two recipes, but the advantages to frozen vegetables are: (1) no prep time washing, paring and chopping, (2) because they are blanched before they are frozen the cooking time is also shorter, (3) frozen vegetables last longer in than fresh so there is less waste, (4) total recipe cost is less.

To go totally convenience food, here is the Innovation label:

Nutrition Facts	
Serving Size 170 G	
Servings Per Container 3	
Amount Per Serving	
Calories	270
Calories From Fat	35
% Daily Value	
Total Fat 4 G	6
Saturated Fat 1 G	5
Trans Fat 0 G	
Cholesterol 40 Mg	13
Sodium 830 Mg	35
Total Carboydrate 47 G	16
Dietary Fiber 2 G	8
Sugars 5 G	
Protein 10 G	20
Vitamin A	10
Vitamin C	4
Calcium	4

Birds Eye Oriental Stir Fry Vegetables:

Nutrition Facts	
Serving Size 106 G	
Servings Per Container 15	
Amount Per Serving	
Calories	50
Calories From Fat	0
% Daily Value	
Total Fat 0 G	0
Saturated Fat 0 G	0
Trans Fat 0 G	
Cholesterol 0 Mg	0
Sodium 300 Mg	13
Total Carboydrate 9 G	3
Dietary Fiber 2 G	8
Sugars 5 G	
Protein 2 G	
Vitamin A	15
Vitamin C	30
Calcium	2

Chicken Stir Fry:

Nutrition Facts	
Serving Size 1/4 recipe (about 5 oz)	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1160mg	48%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 13g	
Vitamin A 60%	Vitamin C 35%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chicken Stir Fry—Frozen Vegetables

Nutrition Facts	
Serving Size 1/4 recipe (about 5 oz)	
Amount Per Serving	
Calories 240	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1140mg	48%
Total Carbohydrate 40g	13%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 13g	
Vitamin A 15%	Vitamin C 30%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

2 – Chicken Stir Fry—Fresh Vegetables

Base:

- 1 t. Bouillon
- 1 c. Hot water
- 2 Tbsp. corn starch
- 1/4 c. Soy Sauce
- 1/4 tsp. minced garlic
- 1 chicken breast, bite-sized pieces
- 1-1/2 c instant rice (brown is best)
- 1-1/2 c water (for the rice)

Vegetables:

- 1 stalk of celery (about 3/4 c)
- 1/4 of a large onion
- 1/4 c. water chestnuts
- 1/4 c. snow peas (or sugar snap)
- 1 cup or 1 small bunch of broccoli
- 1 carrot (about 1/2 cup)

Pre-Heat

1. Get out the biggest skillet you have and pre-heat on medium_.

Chicken

2. Cut chicken into bite-sized pieces. Pour 2 t. of oil into the pan. Then saute the minced garlic and onions. Next add the chicken pieces and cook on medium-high heat until cooked through and golden brown.

Vegetables

3. Wash and cut up: broccoli, carrot (remember to peel first), celery and onion into bite-sized pieces. Cut the water chestnuts in half. Wash and trim snow peas. Keep your vegetables separated in bowls or custard cups. Do not combine them all together.
4. Add only the carrots and broccoli stems to the skillet and cook for about 5 minutes or until tender with the lid off. Add celery, water chestnuts and snow peas and cook for an additional 10-15 minutes, or until all vegetables are tender. Add about 1/4 c. of water to the vegetables if they start to stick or burn while cooking. Stir the vegetables constantly.
5. Add 1 c. hot water and bouillon and bring to a boil.
6. In a cereal bowl, combine soy sauce and cornstarch. Stir with a fork until completely dissolved and smooth. Slowly add the soy sauce mixture to the stir fry. Stir on medium low heat until it thickens and turns dark brown. Remove from heat and pour over hot cooked rice.

Rice

7. In a small glass bowl, combine instant rice and 1 ½ c. water. Cover with plastic wrap. (Remember to poke a hole in the top to allow some steam to escape.) Cook in the microwave for 5 minutes. Allow to stand for 2-4 minutes or until all water is absorbed. Watch the rice carefully. You may need to replace the plastic wrap a couple of times during the cooking process.

Name:_____ Period:_____ Table #:_____

Performance #8-Fresh vs Frozen Produce

Directions: Write a 2 paragraph essay. In the first paragraph compare and contrast details of the products. Be sure to include nutritional facts like the amount of vitamins, minerals, calories, fat and anything else that you think would be significant to you nutritionally. Also be sure to include price facts, time, and any other specifics that you think are important like flavor and texture differences between fresh vs frozen. In the 2nd paragraph, state which product you think was better and justify why you would choose that product and give a scenario in which you would use the product

3 – Apple Crisp

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
½ c. Flour	.04 cents	0	0	0
½ c. Brown Sugar	.14	0 g	0 g	0 mg.
¼ c. Butter	.44 cents	44 g	28 g	360 mg.
¼ c. Oatmeal	.06 cents	1.5 g	0 g	0 mg.
2 Apples	.46 cents	1 g	0 g	4 mg.
2 Tbsp. Sugar	.03 cents	0 g	0 g	0 mg.
¼ tsp. Cinnamon	.01 cents	0 g	0 g	0 mg.
½ tsp. Cornstarch	.01 cents	0 g	0 g	0 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

1. Make topping by **cutting in** the margarine/butter into the flour and brown sugar using a pastry blender.
2. Add the oatmeal and stir it in.
3. Prepare the fruit filling by **grating** the apples then adding all of the rest of the ingredients together.
4. Line a square pan with foil. **Grease** with cooking spray then place fruit on the bottom of the pan.
5. Sprinkle crumbly mixture on top.
6. Bake at 375° for 20 minutes or until crust is done

Apple Crisp using Pie Filling

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
½ c. Flour	.04 cents	0	0	0
½ c. Brown Sugar	.14	0 g	0 g	0 mg.
¼ c. Butter	.44 cents	44 g	28 g	360 mg.
¼ c. Oatmeal	.06 cents	1.5 g	0 g	0 mg.
1 can Apple Pie Filling	\$1.98	0 g	0 g	40 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

1. Mix flour, oatmeal, and brown sugar together.
2. Cut butter into dry mixture.
3. Line a square pan with foil. Grease with cooking spray.
4. Place pie filling in pan.
5. Top with oatmeal mixture.
6. Bake at 375° for 20 minutes or until crust is done.

- Actively participate in the preparation of a **low-fat food**. (Standard 4)
- Compare the nutritional content and cost of a comparable high-fat food vs. the low-fat food. (Standard 4)

High Fat vs. Lowfat Recipes

- 1- **Parmesan Fries vs. Cheese Fries**
- 2- **Ice Cream vs. Lowfat Ice Cream**
- 3- **High Fat vs. Lowfat Cupcakes or Cakes**
- 4- **Regular Fat Rolls vs. Lowfat Chicken Rolls**
- 5- **Regular Fat Mac & Cheese vs. Lowfat Mac & Cheese**

1 – Parmesan Fries – Vegetables

**Preheat oven to 450 degrees

Ingredients:

4 potatoes

-Scrub potatoes and cut in half lengthwise.

Cut each half into 4 wedges.

Put in large bowl.

Add:

1 Tbsp. Oil

½ tsp. Pepper

½ tsp. Garlic Salt

-Stir potatoes and put on large silicone covered cookie sheet.

Bake for 30 min

Take out of oven.

Sprinkle with ¼ c. Parmesan Cheese.

Bake 10 more minutes.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
4 Potatoes	.06	0 g	0 g	0 mg.
1 Tbsp. Oil	.06 cents	14 g	1 g	0 mg.
1/2 tsp. Pepper	.01	0 g	0 g	0 mg.
1/2 tsp. Garlic Salt	.02	0 g	0 g	940 mg.
1/4 c. Parmesan Cheese	.50	9 g	6 g	450 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

1 – Cheese Fries

½ lb. Frozen French Fries – Bake as directed. 5 minutes before end of baking time top with cheese.

1 c. Cheddar Cheese

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 lb. Frozen French Fries	\$1.48	12 g	2.5 g	798 mg.
1 c. Cheddar Cheese	.98 cents	36 g	20 g	720 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

2 - Ice Cream

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 c. Sugar	.54 cents	0 g	0 g	0 mg.
1 Tbsp. Vanilla	.06 cents	0 g	0 g	0 mg.
4 c. Heavy Whipping Cream	\$4.14	320 g	224 g	320 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Mix until sugar dissolves, about 3-5 minutes. Pour into ice cream maker canister. Cover and lock on lid. Start ice cream maker. Layer 3 c. Ice and ½ c. Rock salt until it is to the top of the tub. Ice cream maker turns off when ice cream is done. Flavor with cookies or chocolate syrup.

2 – Lowfat Ice Cream

1 c. Sugar
1 Tbsp. Vanilla
4 c. Half & Half

Mix until sugar dissolves, about 3-5 minutes. Pour into ice cream maker canister. Cover and lock on lid. Start ice cream maker. Layer 3 c. Ice and ½ c. Rock salt until it is to the top of the tub. Ice cream maker turns off when ice cream is done. Flavor with cookies or chocolate syrup.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 c. Sugar	.54 cents	0 g	0 g	0 mg.
1 Tbsp. Vanilla	.06 cents	0 g	0 g	0 mg.
4 c. Half & Half	\$2.16	96 g	64 g	480 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

3 – High Fat Cakes or Cupcakes

1 Cake Mix
Oil
Eggs
Water

Follow directions on cake mix box and make either 2 round cakes or 24 cupcakes. Swap 1 round cake or half the cupcakes to another kitchen.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 Cake Mix	\$1.25	20 g	10 g	3200 mg.
1/2 c. Oil	.44 cents	112 g	8 g	0 mg.
3 Eggs	.57 cents	15 g	4.5 g.	150 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

3 – Lowfat Cakes or Cupcakes

1 Cake Mix
Applesauce
Eggs
Water

Follow directions on cake mix box EXCEPT use applesauce instead of oil and make either 2 round cakes or 24 cupcakes. Swap 1 round cake or half the cupcakes to another kitchen.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 Cake Mix	\$1.25	20 g	10 g	3200 mg.
1/2 c. Applesauce	.29 cents	0 g	0 g	10 mg.
3 Egg Whites	.57 cents	1 g	0 g	3455 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

4 – Chicken Rolls (Regular Fat)

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 can crescent rolls	\$1.98	40 g	16 g	2080 mg.
4 oz. cream cheese	.98 cents	36 g	24 g	400 mg.
1 Green Onions, sliced thin	.06	0 g	0 g	2 mg.
1 cup cooked diced chicken (approximately 1 chicken breast)	\$1.51	5 g	0 g	300 mg.
¼ c. Butter, melted	.44 cents	44 g	28 g	360 mg.
1 c. Corn Flakes	.14 cents	0 g	0 g	200 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

- Preheat oven to 375 degrees
- Drain Chicken and shred into fine pieces.
- Mix the chicken, cream cheese and green onions together.
- Unwrap crescent rolls and spread one/eighth of chicken/cream cheese mixture onto roll.
- Roll up from the wide end to the point.
- Dip the roll the melted butter to coat.
- Crush the corn flakes.
- Place on **greased** cookie sheet and bake for 20 minutes (Or until lightly browned)
- While they are in the oven, blend soup and milk in saucepan and heat through on low heat.
- Spoon sauce over hot chicken roll and enjoy!! Makes 8 rolls.

4 – Chicken Rolls (Low Fat)

- 1 can REDUCED FAT crescent rolls
- 4 oz. NEUFCHATEL cream cheese
- 1-2 Green Onions, sliced thin
- 1 cup cooked diced chicken (approximately 1 chicken breast)

****Follow same directions for regular fat.**

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 can reduced fat crescent rolls	\$1.82	36 g	16 g	1840 mg.
4 oz. Neufchatel cream cheese	.98 cents	24 g	16 g	440 mg.
1 Green Onions, sliced thin	.06	0 g	0 g	2 mg.
1 cup cooked diced chicken (approximately 1 chicken breast)	\$1.51	5 g	0 g	300 mg.
¼ c. Butter, melted	.44 cents	44 g	28 g	360 mg.
1 c. Corn Flakes	.14 cents	0 g	0 g	200 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

4 – Gravy for Chicken Rolls – Enough for Class (Teacher Makes)

Regular Fat Gravy

1 can cream of chicken soup

1/2 cup whole milk

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 can Cream of Chicken Soup	\$1.25	23 g	6 g	1640 mg.
1/2 c. Whole Milk	.07 cents	4 g	2.5 g	60 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Mix soup and milk. Heat on medium heat stirring constantly until it starts to steam.

Lowfat Gravy

1 can heart healthy cream of chicken soup

1/2 cup skim milk

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 can Cream of Chicken Soup 98% fat free	\$1.58	5 g	1 g	1875 mg.
1/2 c. Skim Milk	.07 cents	0 g	0 g	65 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

5 – Regular Fat Macaroni & Cheese Recipe

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 c. macaroni or other medium tubular pasta	.13 cents	1 g	0 g	0 g
3 Tbsp. Butter	.33 cents	33 g	21 g	270 mg.
3 Tbsp. all-purpose Flour	.01 cents	0 g	0 g	0 mg.
¼ tsp. Salt	.01 cents	0 g	0 g	590 mg.
1/8 tsp. Pepper	.01 cents	0 g	0 g	0 mg.
Dash of Paprika	.01 cents	0 g	0 g	0 mg.
1 ¼ c. Whole Milk	.18 cents	10 g	3 g	190 mg.
1 1/4 c. grated medium cheddar cheese	\$1.23	45 g	25 g	900 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Directions:

Boil the pasta until al dente, according to package directions. Drain and rinse with cool water to stop the cooking, and return to the pan you boiled it in. Set aside. (Mix in a little butter to keep the noodles from sticking if it's going to be awhile before you make the sauce)

To a medium saucepan over medium heat, add the butter. When the butter has melted, add the flour, salt, dry mustard, pepper, and dash of paprika. With a wooden spoon or whisk, stir constantly for three minutes.

Add the milk in a thin stream, stirring constantly with a whisk. Continue to **stir constantly** until the sauce thickens, **about 10-12 minutes**.

Remove from heat and add the cheese, stirring until melted. Pour the cheese sauce over the pasta and toss gently until all of the pasta is coated.

Enjoy!

5 – Lowfat Macaroni & Cheese Recipe

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 c. macaroni or other medium tubular pasta	.13 cents	1 g	0 g	0 g
3 Tbsp. Butter	.33 cents	33 g	21 g	270 mg.
3 Tbsp. all-purpose Flour	.01 cents	0 g	0 g	0 mg.
¼ tsp. Salt	.01 cents	0 g	0 g	590 mg.
1/8 tsp. Pepper	.01 cents	0 g	0 g	0 mg.
Dash of Paprika	.01 cents	0 g	0 g	0 mg.
1 ¼ c. Skim Milk	.18 cents	0 g	0 g	163 mg.
1 1/4 c. Lowfat grated medium cheddar cheese	\$1.31	18 g	12 g	730 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Use the same directions for regular fat Macaroni and Cheese.

- Actively participate in the preparation of a **complete and/or complimentary protein food** from scratch. (Standard 4)
- Compare the nutritional content and cost of a comparable convenience food vs. the complete and/or complimentary food from scratch. (Standard 4)

Protein Recipes

- 1- Chow Mein vs. La Choy Heat & Serve Chow Mein
- 2- Lasagna Roll-ups vs. Frozen Lasagna
- 3- Chicken Enchiladas vs. Frozen Chicken Enchiladas in white sauce
- 4- Super Burritos vs. Burrito Supreme from Fast Food Restaurant
- 5- Calzones vs. Pizza Pockets

1 – Chow Mein/Protein (Protein) vs. LaChoy Chow Mein

1 Thick Cut Boneless Pork Chop

1 Tbsp. Oil

Cut pork chops up into bite size pieces on cutting board. Cook in small amount of oil until no longer pink.

1/4 Medium Onion, chopped

1 stalks Celery, sliced

1 c. Water

1 c. Bean Sprouts

Add the above ingredients to pork, cover and cook on medium for 8 minutes.

2 Tbsp. Soy Sauce

1 Tbsp. Corn Starch

1 Tbsp. Brown Sugar

Mix and add to skillet mixture and cook until thickened, about 8 more minutes.

1 c. Crunchy Chow Mein Noodles

Serve chow mein over rice and top with crunchy noodles.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 Thick Cut Boneless Pork Chop	\$1.41	9 g	3 g	520 mg.
1 Tbsp. Oil	.06 cents	14 g	1 g	0 mg.
1/4 Medium Onion, chopped	.11 cents	0 g	0 g	0 mg.
1 stalks Celery, sliced	.17 cents	0 g	0 g	0 mg.
1 c. Bean Sprouts	.56 cents	0 g	0 g	60 mg.
2 Tbsp. Soy Sauce	.12 cents	0 g	0 g	1800/2T.
1 Tbsp. Corn Starch	.02	0 g	0 g	0 mg.
1 Tbsp. Brown Sugar	.02	0 g	0 g	0 mg.
1 c. Chow Mein Noodles	.26 cents	12 g	4 g	520 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Canned Chow Mein				
Totals ÷ Kids in your group = Amounts per Serving				

2 – Lasagna Roll-ups vs. Frozen Lasagna

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1/2 pound ground beef, cooked & drained	\$1.05	13 g	6 g	2500 mg.
1 1/2 cups spaghetti sauce	.59 cents	3 g	0 g	1680 mg.
1/2 cup cottage cheese	.55 cents	5 g	3.5 g	420 mg.
1/2 cup mozzarella, grated	.50 cents	12 g	7 g	400 mg.
1/4 cup parmesan cheese	.50	9 g	6 g	450 mg.
5 lasagna noodles, cooked	.50 cents	2.5 g	0 g	0 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Instructions:

Combine cooked ground beef and the spaghetti sauce. Set aside.

Combine cottage cheese, 1/4 c. mozzarella cheese and the parmesan cheese in a bowl.

Spread each noodle with 1/4 c. spaghetti sauce. Top with cheese mixture.

Starting at narrow end, roll up, being careful to keep filling inside. Place in glass casserole.

Top noodles with remaining sauce and 1/4 c. mozzarella cheese.

Microwave, covered with lid or plastic wrap, on 50% power or medium for 7-9 minutes.

May be baked at 350 degrees for 20 minutes.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Frozen Lasagna				
Totals ÷ Kids in your group = Amounts per Serving				

3 – Chicken Enchiladas vs. Frozen Chicken Enchiladas

Step 1:

1 boiled Chicken Breast

Preheat oven to 400. Shred chicken with a fork.

Step 2:

3/4 c. Chicken Broth

3/4 c. Cream of Chicken Soup

1/4 c. Sour Cream

2 Tbsp. Green Chilies

1 c. Cheddar or Mexican Cheese (SAVE 1/4 cup of cheese to sprinkle on the top.)

Mix shredded chicken, broth, chicken soup, sour cream, green chilies and **3/4 CUP OF CHEESE – LEAVE 1/4 CUP OF CHEESE FOR THE TOP.**

Step 3:

5 Tortillas

Grease the RECTANGLE glass dish. Place 1/5 of the mixture into the middle of a tortilla and roll up. Place in RECTANGLE glass dish. Bake for 30 minutes. Sprinkle LEFTOVER 1/4 CUP OF cheese over the top the last 5 minutes.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 boiled Chicken Breast	\$1.51	5 g	0 g	300 mg.
3/4 c. Chicken Broth made from bouillon cubes	.10 cents	0 g	0 g	435 mg.
3/4 c. Cream of Chicken Soup	.75 cents	12 g	4 g	1305 mg.
1/4 c. Sour Cream	.21 cents	10 g	7 g	30 mg.
2 Tbsp. Green Chilies	.27 cents	0 g	0 g	120 mg.
1 c. Cheddar or Mexican Cheese	.98 cents	36 g	20 g	720 mg.
6 Tortillas (Soft Taco Size)	1.23	18 g	6 g	1380 mg.
Totals ÷ Kids in your group = Amounts per Serving				

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Frozen Chicken Enichiladas				
Totals ÷ Kids in your group = Amounts per Serving				

4 – Super Burritos vs. Frozen or Fast Food Burritos

½ lb. Hamburger
 1 clove Garlic, minced
 ¼ c. Water
 1 ½ tsp. Chili Powder
 1/8 tsp. Cumin
 1/8 tsp. Salt
 4-5 Burrito Size Flour Tortillas

Cook hamburger with garlic, water, chili powder, cumin, & salt until hamburger is thoroughly cooked.

1 c. Refried Beans, heated
 ½ c. Shredded Cheddar Cheese

Divide beans, cheese and hamburger between tortillas. Put toppings on top, roll up like a burrito and eat, cut in half.

Enjoy.

Toppings: Sour Cream, Salsa, Shredded Lettuce

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1/2 lb. Hamburger	\$1.05	13 g	6 g	2500 mg.
1 clove Garlic, minced	.05	0 g	0 g	0 g
1 ½ tsp. Chili Powder	.01	0 g	0 g	60 mg.
1/8 tsp. Cumin	.01	0 g	0 g	0 mg.
1/8 tsp. Salt	.01 cents	0 g	0 g	295 mg.
4 Burrito Size Flour Tortillas	.94 cents	20 g	6 g	1440 mg.
1 c. Refried Beans, heated	\$1.10	5 g	2 g	1080 mg.
1/2 c. Shredded Cheddar Cheese	.49 cents	18 g	10 g	360 mg.
1/2 c. Sour Cream	.42 cents	20 g	14 g	60 mg.
1/2 c. Salsa	.28 cents	0 g	0 g	920 mg.
1/2 c. Shredded Lettuce	.20 cents	0 mg.	0 mg.	3 mg.
Totals ÷ Kids in your group = Amounts per Serving				

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Burritos				
Totals ÷ Kids in your group = Amounts per Serving				

Performance Objective 6: Convenience vs. Scratch, Complete and/or Incomplete Protein

Calzones vs. Pizza Pockets

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 Tbsp. Yeast	.07 cents	0 g	0 g	1 mg.
1 tsp. Sugar	.01 cents	0 g	0 g	0 mg.
1/4 tsp. Salt	.01 cents	0 g	0 g	590 mg.
2 Tbsp. Oil	.11 cents	28 g	2 g	0 mg.
3 c. Flour	.24 cents	0 g	0 g	0 mg.
1/2 c. pizza sauce	.20 cents	1 g	0 g	610 mg.
30 pepperoni slices	.75	28 g	12 g	1000 mg.
1/4 c. sliced olives	.10 cents	4 g	0 g	190 mg.
1/4 c. sliced mushrooms, fresh	.20 cents	0 g	0 g	0 mg.
1/2 c. pineapple	.24 cents	0 g	0 g	10 mg.
1 1/2 c. mozzarella cheese, grated	\$1.50	36 g	21 g	1200 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
Pizza Pockets				
Totals ÷ Kids in your group = Amounts per Serving				

Calzones

Dough Ingredients:

1 Tbsp. yeast
1 tsp. sugar
1 c. warm water (115°-125°)
1/4 tsp. salt
2 Tbsp. oil
2-3 c. flour

Filling Ingredients:

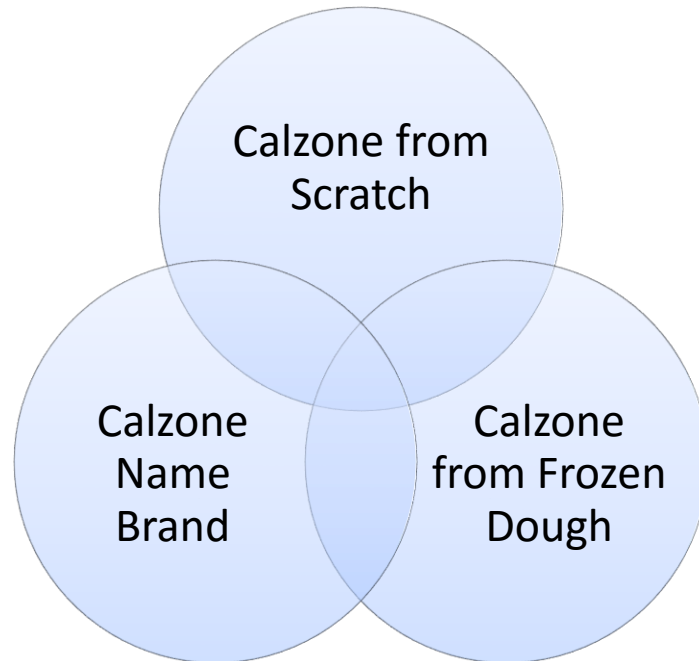
1/2 c. pizza sauce
30 pepperoni slices
1/4 c. sliced olives
1/4 c. sliced mushrooms
1/2 c. pineapple
1-1/2 c. grated mozzarella cheese

1. Preheat the oven to 375°.
2. In the bowl attachment of the KitchenAid mixer, combine the yeast, sugar and warm water. Stir to allow yeast to dissolve then cover with a large towel and allow it to activate.
3. After the yeast is activated, (it should be frothy and foamy), add the salt and oil.
4. Using the dough hook attachment, slowly add the flour, 1/2 c. at a time, mixing until it is ready to be kneaded on the countertop. You might not use all of the flour. Allow the dough hook to knead the dough for about 2 minutes. Be sure to turn the motor up to the appropriate speed.
5. Sanitize and lightly flour your countertop and knead the dough by hand for about 5 minutes. Don't add too much flour. Only add flour if it sticks to you or the countertop.
6. Divide the dough into equal pieces for each member of the group. Roll each section into a rectangle.
7. Spread the pizza sauce onto 1/2 of the rectangle, leaving about 1/2-inch around the edge so you can seal it.
8. Layer the remaining filling ingredients onto the dough circle, (on top of the pizza sauce side). Evenly distribute all of the filling ingredients between all of the calzones before you close them up.

9. Fold the other half of the dough rectangle over the filling and seal the edge by pressing it together with a fork. Be sure to seal the edge securely so that none of the filling will leak out.
10. Poke holes or cut small slits in the top to allow the steam to escape.
11. Carefully transfer the calzones onto a cookie sheet with foil, and sprayed with cooking spray.
12. Bake on the top rack of your oven at 375° for 20-25 minutes, or until golden brown.

Analysis of Performance #6-Calzones from Scratch vs Brand Name

Instructions: Complete the Venn Diagram below by displaying the differences in the calzones by reading the labels and the information concerning total cost, preparation time and nutritional information. Then write a well-written paragraph describing your conclusions of which calzone you think you would use more often and justify why.



Paragraph: