



Recipe Costing made Easier with Cookkeepbook .com

Janet Woodward
June 2016

Standards and Performance Objectives

- Foods 1 St. 3 Perf.Obj 3 Perf.Obj.5,St.4
Perf.Obj.4 Perf. Obj 6&7,
- St. 5 Ob. 4 Per Ob 8.
- Foods 2 St. 3
- .Obj. 1,
- PS 1, St. 4 Perf. Obj. 9,
- PS 2, St. 3 Perf. Obj 7 (and competition
prep.)

New Foods 1 Perf. Obj.

- What have been your concerns?
- How were the costs on the suggested recipes calculated?
- What do I do if I want to use my own recipes?
- How can I teach my students to calculate costing of recipes easily?
- How do I take into account seasonal changing prices on ingredients?
- How do I change the measurement method from weight to volume?
- How do I account for “waste” or “As Purchased” versus “Edible Portion”? (AP vs EP)
- Anything Else?

How Much does this cost?



What is the cost per
breadstick?



How much is 1 Cup of Mashed Bananas?



How have you calculated in the past?

- ◉ Guess and hope the kids get it right
- ◉ Eyeball it
- ◉ Use the “Cost of Staples” worksheet
- ◉ Nothing...I don't care
- ◉ Use the ProStart Menu costing worksheet
- ◉ Take the calculation someone else found and believe it
- ◉ Professional Software \$\$\$

ProStart Costing Sheet

Recipe Cost Example

Management teams must complete this worksheet prior to the competition. It is unnecessary to send this in with your registration. Management teams need to make one (1) copy to turn in at Team Check-in, in addition to copies included in the written proposal.

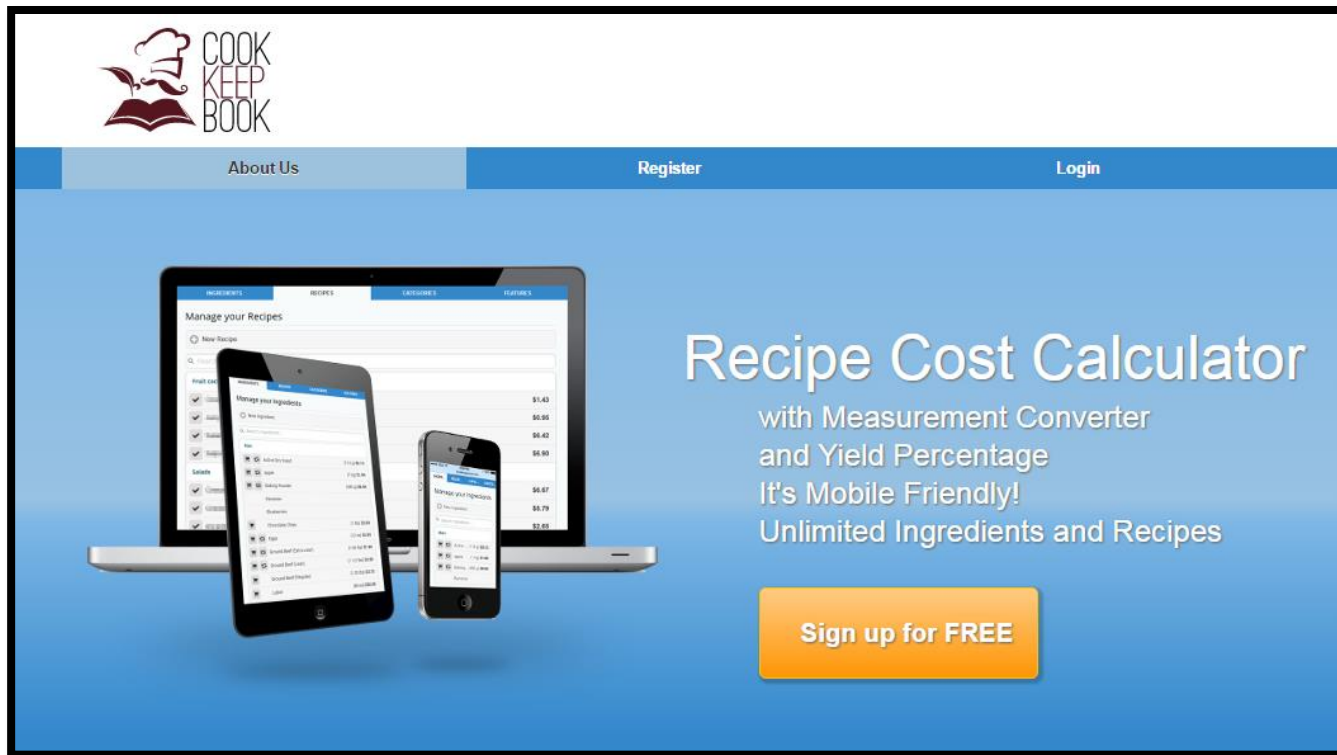
School Name	ProStart High School
Educator Name	Chef Jones
Menu Item	Stuffed Won Tons
Number of Portions	2

Ingredients		Ingredient Cost	
Item	Amount	Unit Cost	Total Cost
Cream Cheese	8 oz	\$1.30/lb	\$0.65
Powdered Sugar	2 oz	\$0.48/lb	\$0.06
Vanilla	.5 oz	\$5.12/qt	\$0.08
Won Ton Wraps	8	.055 each	\$0.44



Total Recipe Cost	\$1.23
Portion Cost	\$0.615

Cookkeepbook.com



The banner features the Cookkeepbook logo at the top left, which includes a chef's hat and a book. Navigation links for 'About Us', 'Register', and 'Login' are positioned in the top right. The central focus is a 'Recipe Cost Calculator' section, which includes a list of ingredients with their respective costs and a total cost of \$14.43. To the right of this list, there is a text block describing the calculator's features: 'with Measurement Converter and Yield Percentage', 'It's Mobile Friendly!', and 'Unlimited Ingredients and Recipes'. Below this text is a prominent orange button labeled 'Sign up for FREE'. The background of the banner is a solid blue color.

**COOK
KEEP
BOOK**

[About Us](#) [Register](#) [Login](#)

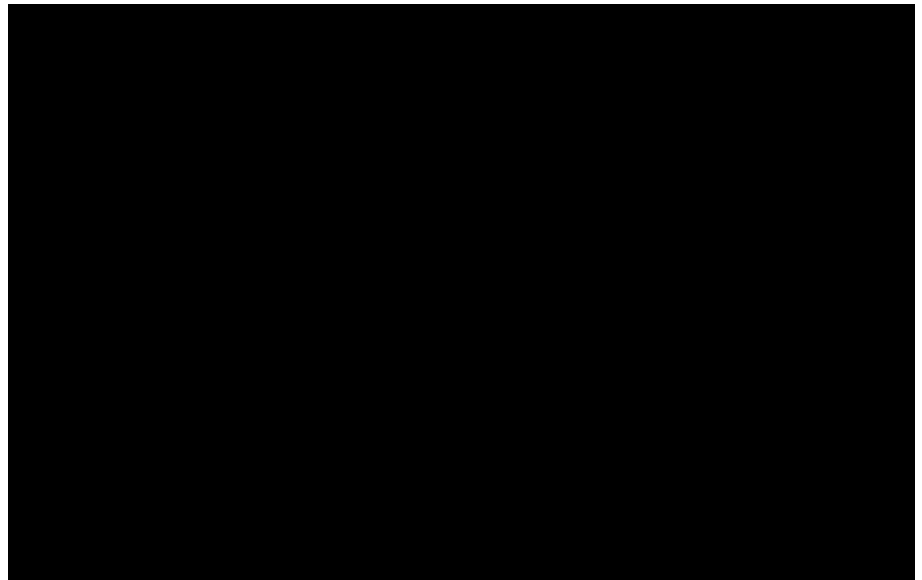
Recipe Cost Calculator
with Measurement Converter
and Yield Percentage
It's Mobile Friendly!
Unlimited Ingredients and Recipes

Sign up for FREE

Ingredient	Cost
1/2 cup	\$1.43
1/4 cup	\$0.94
1/8 cup	\$0.42
1/16 cup	\$0.93
1/32 cup	\$0.47
1/64 cup	\$0.79
1/128 cup	\$2.03

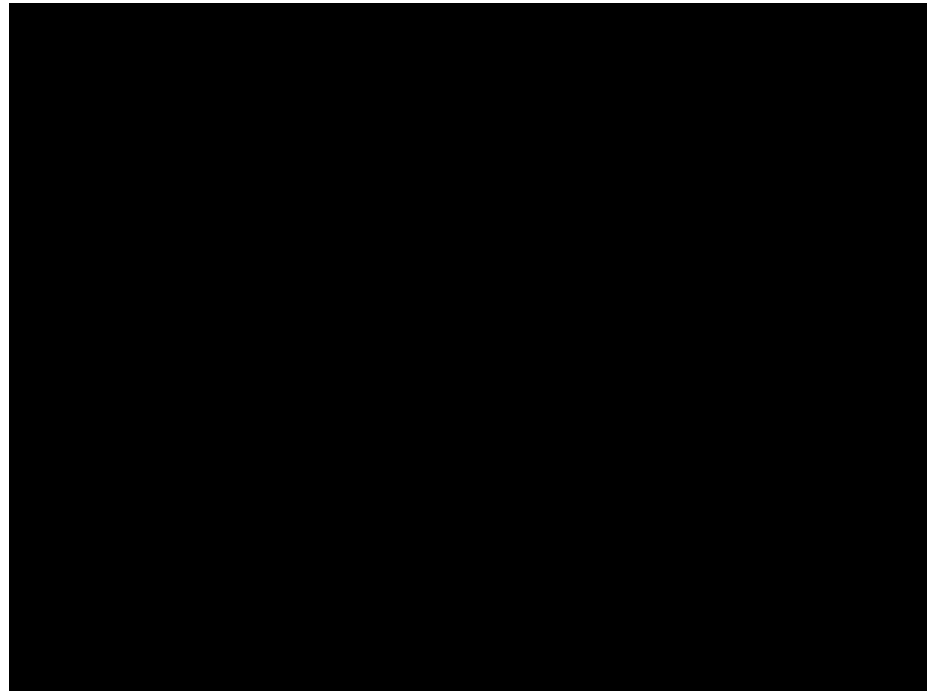
How to Create A Recipe

https://www.youtube.com/watch?v=idCkJuRHH_Y



Calculate the costs of Recipes

<https://www.youtube.com/watch?v=iZd33YQm43A>



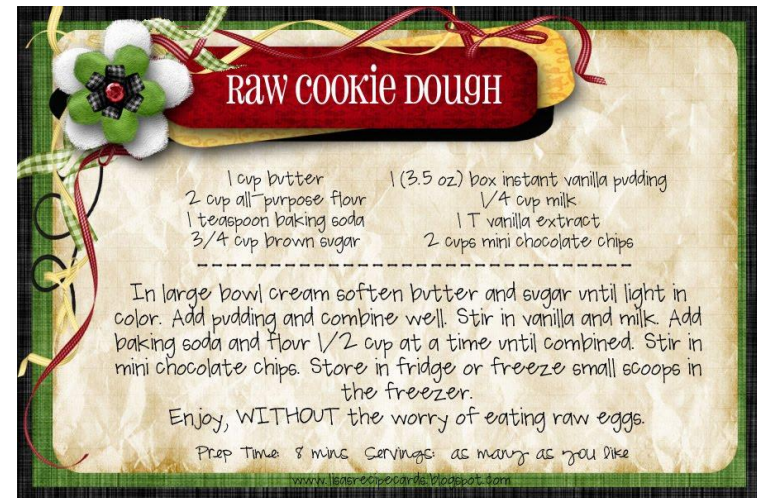
Log On to my Account

- <https://www.cookkeepbook.com/>
- Login: jwoodwardret@msn.com
- Password: jw061256

- You may use mine, but I ask you not to give this link to your students. I hope you will set up your own account. It's FREE!

Practice Costing a Recipe

- Find any recipe online or from a cookbook
- Add all the ingredients
- Add all the amounts as listed
- If necessary, add ingredient purchase information
- If necessary add conversion



Adding Ingredients or Costs

- Use Cost of Staples as a starting point
- Any ingredient you find which changes price from that list, add it when you buy it.
 - Check the Grocery Receipt and container.
 - Check Grocery Ads.
 - Look up prices online, such as Walmart.com

Cost of Staples Chart

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

Conversion

- If recipe calls for Volume and you purchase by Weight or Item (Cups vs. Ounces or grams)
 - Check conversions online
 - Check “Staples” list
 - Read the label which might indicate conversion
 - Use your food scale to weigh the equivalent volume. Every food has a slightly different conversion, so don't just estimate.

The image displays three overlapping receipts from different grocery stores, each with its own logo and layout.

- Kroger Receipt (Left):** Features the Kroger logo. The header includes the address "2770 N W 37th Ave, Fort Lauderdale, FL 33309" and phone "(561) 686-6970". The cashier is ASHLE. The receipt lists various items like "KROGER PLUS CUSTOMER", "CODE CLASSIC", "DORITO NACHO", and "BMTY PAPER TOWELS". It includes a "BALANCE" section showing a total of \$48.98 and a "DEBIT" section showing a total of \$48.98.
- Walmart Receipt (Middle):** Features the Walmart logo. The header includes the address "333 S WESTWOOD BLVD, FORT LAUDERDALE, FL 33301" and phone "(561) 686-6970". The cashier is SHLBY. The receipt lists items like "STW 0019", "KROGER PLUS CUSTOMER", "CODE CLASSIC", and "DORITO NACHO". It includes a "BALANCE" section showing a total of \$48.98 and a "DEBIT" section showing a total of \$48.98.
- Harps Food Stores Receipt (Right):** Features the Harps Food Stores logo. The header includes the address "1000 S W 37th Ave, Fort Lauderdale, FL 33309" and phone "(561) 686-6970". The cashier is SHLBY. The receipt lists items like "KROGER PLUS CUSTOMER", "CODE CLASSIC", "DORITO NACHO", and "BMTY PAPER TOWELS". It includes a "BALANCE" section showing a total of \$48.98 and a "DEBIT" section showing a total of \$48.98.

Check Prices online

The screenshot displays the Walmart website's search results for "Tomato Sauce". The page features a blue header with the Walmart logo, a search bar containing "Tomato Sauce", and navigation links like "Gift Cards", "Registry", "Lists", "Weekly Ads", "Store Finder", "Track Order", "Credit Card", and "Help". Below the header, there are promotional banners for "Savings Showcase", "My Local Store", "Pick it up TODAY", and "Tips & Ideas". A banner for "Shippable STRAIGHT-UP-TEA" is also visible. The main content area shows "Showing 20 of 1,272 results". On the left, there is a sidebar with "Departments" (Food, Condiments, Sauces & Spices, Sauces, Canned Goods & Soups, Canned Vegetables, Canned Ready to Eat Meals) and "Shipping & Pickup" options (Show all, Ship to Home, FREE Pickup, FREE Pickup Today). The search results list two products: "Hunt's Tomato Sauce, 15 oz, 6 ct" priced at \$5.23 (5.8¢ / oz) with a 4.5-star rating (7 reviews), and "Classico Traditional Favorites Tomato & Basil Pasta Sauce, 24 oz" priced at \$2.26 (9.4¢ / oz) with a 4.5-star rating (9 reviews). Each product listing includes an image of the product, a description, price, rating, and a "Free shipping on orders over \$50" note.

Walmart

All Tomato Sauce

Gift Cards Registry Lists Weekly Ads Store Finder Track Order Credit Card Help

Hello, Sign In My Account

All Departments Savings Showcase My Local Store Pick it up TODAY Tips & Ideas Shop smarter with our App

Shippable STRAIGHT-UP-TEA TRUE TEA TASTE TRULY GREAT PRICE Find a Store

Showing 20 of 1,272 results

Departments

Food

Condiments, Sauces & Spices

Sauces

Canned Goods & Soups

Canned Vegetables

Canned Ready to Eat Meals

See all Food

See all Departments

Shipping & Pickup

Show all

Ship to Home

FREE Pickup

FREE Pickup Today

Refine Price Top brands Store availability Sort Best match

Hunt's Tomato Sauce, 15 oz, 6 ct

\$5.23 5.8¢ / oz

★★★★★ (7)

Discover the signature difference

100% natural

Kosher

Free shipping on orders over \$50

Classico Traditional Favorites Tomato & Basil Pasta Sauce, 24 oz

\$2.26 9.4¢ / oz

★★★★★ (9)

Traditional favorite

Pure and simple

Free shipping on orders over \$50

Weigh quantity on scale





Chocolate Chip Cookies

Cost of Recipe: \$3.28

Makes: 42 each

Cost per Serving: \$0.078

Ingredients:

#	NAME:	QUANT.:	COST:
1.	Oatmeal	2 1/2 cup	\$0.40
2.	Flour	2 1/2 cup	\$0.31
3.	Chocolate Chips	1 1/4 cup	\$1.24
4.	Large Eggs	2 ea	\$0.32
5.	Vanilla Imitation	1 1/4 tsp	\$0.03
6.	salt	1/2 tsp	\$0.00
7.	Baking Soda	1 tsp	\$0.01
8.	Baking Powder	1 tsp	\$0.02
9.	Margarine	1 cup	\$0.50
10.	sugar	1 cup	\$0.20
11.	Brown Sugar	1 cup	\$0.25

Note/Description:

Copy and Paste Print onto
paper or PPT

Chocolate Chip Cookies

Cost of Recipe: \$3.28

Makes: 42 each

Cost per Serving: \$0.078

Ingredients:

#	NAME:	QUANT.:	COST:
1.	Oatmeal	2 1/2 cup	\$0.40
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7.	Baking Soda	1 tsp	\$0.01
8.	Baking Powder	1 tsp	\$0.02
9.	Margarine	1 cup	\$0.50
10.	sugar	1 cup	\$0.20
11.	Brown Sugar	1 cup	\$0.25

How can you use this?

- New Foods 1 Performance Objectives
- Foods 2 Costing and Convenience lab
- Home: Recipe evaluation and Budgeting
- ProStart
 - Costing for use with Restaurant
 - Preparation for Competition (Compare results with official worksheet)
 - Teaching Students



Make your Own Account

- Sign Up for FREE or Register

- Import all your ingredients



About Us

Register

Login



Recipe Cost Calculator

with Measurement Converter
and Yield Percentage

It's Mobile Friendly!

Unlimited Ingredients and Recipes

Meatballs and Marinara Worksheet



Home Made Marinara Sauce

Cost of Recipe: \$ _____
 Number of Servings: _____
 Cost per Serving \$ _____

Ingredients:

#	NAME:	QUANT.:	COST:
1.	oregano	1/2 tsp	\$0.02
2.	Basil Dry	1/2 tsp	\$0.12
3.	Italian Seasoning	1 tsp	\$0.02
4.	salt	1/2 tsp	\$0.00
5.	Tomato Sauce	8 oz	\$0.50
6.	Tomato Paste	6 oz	\$0.69
7.	Stewed Tomatoes	15 oz	\$0.85
8.	onion	1/2 cup	\$0.14
9.	Garlic	1/4 ea	\$0.17
10.	olive oil	1 tsp	\$0.05

Total _____

Nutrition Facts

Serving Size 1/2 cup	
Servings per container 5	
Amount Per Serving	
Calories 56	Calories from fat 27
	% Daily Value*
Total Fat 3 g	0%
Saturated fat 0g	0%
Cholesterol 0mg	0%
Sodium 458 mg	20%
Total Carbohydrates 8g	6%
Dietary Fiber 3g	5%
Sugars 6g	
Protein 1g	
Vitamin A 1%	Vitamin C 11%
Calcium 4%	Iron 8%

Calculate the Time it takes to make this.

Home Made Meatballs

Cost of Recipe: \$ _____
 Makes: 4 servings
 Cost per Serving: \$ _____
 Meatball per serving _____
 Cost Per meatball \$ _____

Ingredients:

#	NAME:	QUANT.:	COST:
1.	Large Eggs	1 ea	\$0.16
2.	garlic powder	1 tsp	\$0.09
3.	Pepper	1 tsp	\$0.11
4.	onion	2 tsp	\$0.01
5.	Mozzarella Cheese	1/2 cup	\$0.87
6.	bisquick	1/4 cup	\$0.09
7.	Sausage	1/2 lbs	\$0.93

Total \$ _____

Nutrition Facts

Serving Size 2 meatballs	
Servings per container 6	
Amount Per Serving	
Calories 243	Calories from fat 162
	% Daily Value*
Total Fat 18 g	36%
Saturated fat 8g	40%
Cholesterol 76mg	25%
Sodium 656 mg	29%
Total Carbohydrates 6g	4%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 13g	
Vitamin A 9%	Vitamin C 2%
Calcium 16%	Iron 6%

Calculate the Time it takes to make and cook these meatballs.

Breadsticks



Breadsticks

Home Made Italian Cheese Breadsticks

Cost of Recipe: \$ _____
 Makes: 12 each
 Cost per Serving: \$ _____
 Cost per Stick \$ _____

Ingredients:

#	NAME:	QUANT.:	COST:
1.	Mozzarella Cheese	1/2 cup	\$0.87
2.	Parmesan Cheese	1 tbsp	\$0.24
3.	Italian Salad Dressing	1/4 cup	\$0.26
4.	Vegetable Oil	1 tbsp	\$0.03
5.	sugar	1 tsp	\$0.00
6.	Yeast	1 tbsp	\$0.84
7.	Flour	2 1/2 cup	\$0.31

Total _____

Nutrition Facts

Serving Size 2 breadsticks	
Servings per container 6	
Amount Per Serving	
Calories 219	Calories from fat 40
% Daily Value*	
Total Fat 5 g	0%
Saturated fat 3g	7%
Cholesterol 0mg	2%
Sodium 80 mg	3%
Total Carbohydrates 34g	26%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 8g	
Vitamin A 2%	Vitamin C 0%
Calcium 9%	Iron 12%

Time: Calculate the time it takes to do each step

Mixing Ingredients _____

Kneading _____

Shaping _____

Baking _____

Total Time _____

Convenience Bread Sticks

Western Family Frozen Breadsticks

\$2.00 per box
 Contains 6 Bread Sticks
 Serving Size 1 Stick
 Cost Per Serving? \$ _____

Western Family Garlic Breadsticks

Nutrition Facts

Western Family - Garlic Breadsticks

Calories	170	Sodium	250 mg
Total Fat	6 g	Potassium	0 mg
Saturated	2 g	Total Carbs	23 g
Polyunsaturated	3 g	Dietary Fiber	1 g
Monounsaturated	2 g	Sugars	2 g
Trans	0 g	Protein	3 g
Cholesterol	0 mg		
Vitamin A	4%	Calcium	0%
Vitamin C	0%	Iron	8%

Total Preparation Time

Prep. _____

Baking? _____

Total _____

Need Help of Questions

- Janet Woodward
- Janet.woodward@jordandistrict.org
- 801-520-5941
- Bingham High School / Jordan District



Scratch Vs. Convenience

Comparison of Nutrition, Cost and Time of
Protein, Carbohydrate and Vegetables

Marinara Sauce

Home Made Marinara Sauce

NAME:	QUANT.:	COST:
oregano	1/2 tsp	\$0.02
Basil Dry	1/2 tsp	\$0.12
Italian Seasoning	1 tsp	\$0.02
salt	1/2 tsp	\$0.00
Tomato Sauce	8 oz	\$0.50
Tomato Paste	6 oz	\$0.69
Stewed Tomatoes	15 oz	\$0.85
onion	1/2 cup	\$0.14
Garlic	1/4 ea	\$0.17
olive oil	1 tsp	\$0.05

Calculate total cost or recipe. Then divide by number of
Cost of Recipe: \$ _____
Servings: 5 _____
Cost per Serving \$ _____

Hunts Spaghetti Sauce

- **Hunts Spaghetti Sauce**
\$1.25
- **24 oz. Can**
- **Nutrition Facts**
- Serving Size 125 G 6 oz.
(about 1/2 C)
- Servings Per Container 5
- Cost per Serving?
- $\$1.25 / 5 =$ _____

—

Meatballs

Homemade

Ingredient	Quantity	Cost
Large Eggs	1 ea	\$0.16
garlic powder	1 tsp	\$0.09
Pepper	1 tsp	\$0.11
onion	2 tsp	\$0.01
Mozzarella Cheese	1/2 cup	\$0.87
bisquick	1/4 cup	\$0.09
<u>Sausage</u>	<u>1/2 lbs</u>	<u>\$0.93</u>

Cost of Recipe: \$_____

Makes: 12 Meatballs

Cost per Serving: \$_____

Meatball per serving ____2____

Cost Per meatball \$_____

Frozen

- **Armour Meatballs \$2.50**
14oz Package
- Serving Size 85 G 2/3 C
3.11 oz
- Servings Per Container 4.5
- 26 Meatballs/bag
- 2 meatballs per serving
- Cost per serving?_____
- Cost per Meatball?_____

Pasta

Home Made Pasta

NAME:	QUANT.:	COST:
Vegetable Oil	1 tsp	\$0.01
Large Eggs	2 ea	\$0.32
Flour	1 1/2 cup	<u>\$0.19</u>
Total		_____

- Cost of Recipe: \$._____
- Makes: 4 servings
- Cost per Serving: \$0._____

1 Pound Bag Dry Spaghetti

- **Spaghetti Noodles**
- Serving Size 2 oz
- Servings Per Container 8
- **16 oz. Package \$1.19**
- Cost per Serving
- $\$1.19 / 8 =$ _____

Breadsticks

Home Made

NAME:	QUANT.:	COST:
Mozzarella Cheese	1/2 cup	\$0.87
Parmessan Cheese	1 tbsp	\$0.24
Italian Salad Dressing	1/4 cup	\$0.26
Vegetable Oil	1 tbsp	\$0.03
sugar	1 tsp	\$0.00
Yeast	1 tbsp	\$0.84
Flour	2 1/2 cup	\$0.31

Cost of Recipe: \$_____

Makes: 12 each

Cost per Serving: \$_____

Cost per Stick \$_____

Frozen Western Family Garlic Breadsticks

- \$2.00 per box
- Contains 6 Bread Sticks
- Serving Size 1 Stick
- Cost Per Serving?
\$_____
- $\$2.00 / 6 =$ _____

Carrots Cost

- **FRESH:** \$3.99 5 lbs Serving Size 3 oz. = 26 servings per bag. $\$3.99/26 = \0.15 per serving.
- **Canned** \$0.79 per can, 3.5 servings per can = $.79/3.5 = \$0.22$ per serving (Some brands are \$1.49 so \$0.44 per serving.)
- **Frozen:** \$1.00 per bag (on sale) 5 servings per bag. \$0.20 per serving. (Some brands \$1.99 per bag)

Carrots Nutrition

Fresh—

- Serving Size 7” Long 1 ¼ “ wide
- Calories 30
- Fat and Cholesterol 0
- Sodium 60 mg 3%
- Potassium 250 mg 7%
- Carbohydrate 7 g 2%
- Dietary Fiber 2 g 8%
- Protein 1 g
- Vitamin A 110%
- Vitamin C 10%
- Calcium 2% Iron 2%

Frozen Carrots

- Serving size 2/3 C
- Calories 35
- Fat and Cholesterol 0
- Sodium 60mg
- Carbohydrate 7g 25
- Fiber 2g
- Vitamin A 60%
- Vitamin C 2%
- Calcium 2%
- Iron 0

Nutrition

Serving Size $\frac{1}{2}$
Cup

Calories 30

Fat and
Cholesterol 0

Sodium 370 mg
15%

Carbohydrate 6
G

Vitamin A 100%

Vitamin C 0%

Calcium 0%

Iron 0%

- Canned Carrots



Home Made Marinara Sauce

Cost of Recipe: \$ _____

Number of Servings: _____

Cost per Serving \$ _____

Ingredients:

#	NAME:	QUANT.:	COST:
1.	oregano	1/2 tsp	\$0.02
2.	Basil Dry	1/2 tsp	\$0.12
3.	Italian Seasoning	1 tsp	\$0.02
4.	salt	1/2 tsp	\$0.00
5.	Tomato Sauce	8 oz	\$0.50
6.	Tomato Paste	6 oz	\$0.69
7.	Stewed Tomatoes	15 oz	\$0.85
8.	onion	1/2 cup	\$0.14
9.	Garlic	1/4 ea	\$0.17
10.	olive oil	1 tsp	\$0.05

Total _____

Nutrition Facts	
Serving Size 1/2 cup	
Servings per container 5	
Amount Per Serving	
Calories 56	Calories from fat 27
% Daily Value*	
Total Fat 3 g	0%
Saturated fat 0g	0%
Cholesterol 0mg	0%
Sodium 458 mg	20%
Total Carbohydrates 8g	6%
Dietary Fiber 1g	5%
Sugars 4g	
Protein 1g	
Vitamin A 1%	Vitamin C 11%
Calcium 4%	Iron 8%

:

Calculate the Time it takes to make this.

Home Made Meatballs

Cost of Recipe: \$ _____

Makes: 4 servings

Cost per Serving: \$ _____

Meatball per serving _____

Cost Per meatball \$ _____

Ingredients:

#	NAME:	QUANT.:	COST:
1.	Large Eggs	1 ea	\$0.16
2.	garlic powder	1 tsp	\$0.09
3.	Pepper	1 tsp	\$0.11
4.	onion	2 tsp	\$0.01
5.	Mozzarella Cheese	1/2 cup	\$0.87
6.	bisquick	1/4 cup	\$0.09
7.	Sausage	1/2 lbs	\$0.93

Total \$ _____

Nutrition Facts	
Serving Size 2 meatballs	
Servings per container 6	
Amount Per Serving	
Calories 243	Calories from fat 162
% Daily Value*	
Total Fat 18 g	NO%
Saturated fat 8g	40%
Cholesterol 76mg	25%
Sodium 656 mg	29%
Total Carbohydrates 6g	4%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 13g	
Vitamin A 9%	Vitamin C 1%
Calcium 16%	Iron 6%

Calculate the Time it takes to make and cook these meatballs.

Convenience Food Costs

Hunts Spaghetti Sauce \$1.25 24 oz. Can

Nutrition Facts

Serving Size 125 G 6 oz. (about ½ C)

Servings Per Container 5

Amount Per Serving	
Calories	40
Calories From Fat	10
% Daily Value	
Total Fat 1 G	2
Saturated Fat 0 G	0
Trans Fat 0 G	
Cholesterol 0 Mg	0
Sodium 610 Mg	25
Potassium 290 Mg	8
Total Carbohydrate 8 G	3
Dietary Fiber 3 G	12
Sugars 4 G	
Protein 1 G	
Vitamin A	10
Vitamin C	6
Calcium	2

How many servings per can? _____

Serving Size? _____

Cost per serving? _____

Cost per Meatball? _____

Time

How much time does it take to heat the Sauce? _____

Armour Meatballs \$2.50 14oz Package

Nutrition Facts

Serving Size 85 G 2/3 C 3.11 oz

Servings Per Container 4.5

Amount Per Serving	
Calories	260
Calories From Fat	190
% Daily Value	
Total Fat 21 G	32
Saturated Fat 8 G	40
Trans Fat 0 G	
Cholesterol 25 Mg	8
Sodium 610 Mg	25
Total Carbohydrate 5 G	2
Dietary Fiber 0 G	0
Sugars <1 G	
Protein 12 G	
Vitamin A	0
Vitamin C	0
Calcium	4

How many servings per package? _____

Cost per serving? _____

How many meatballs in bag? _____

How many meatballs per serving? _____

Cost per meatball? _____

How much time does it take to prepare the meatballs? _____

Spaghetti Noodles

Nutrition Facts

Serving Size 2 oz

Servings Per Container 8

16 oz. Package \$1.19

Nutrition Facts	
Serving Size 2 oz uncooked	
Servings per container 8	
Amount Per Serving	
Calories 210	Calories from fat 10
% Daily Value*	
Total Fat 1 g	2%
Saturated fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0 mg	0%
Total Carbohydrates 41g	8%
Dietary Fiber 2g	80%
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%

Serving Size 2 oz.

Cost per serving? _____

Cost per Recipe? _____

Time:

Calculate the Preparation and Cooking Time of pasta.

Home Made Pasta

Homemade Noodles

Nutrition Facts	
Serving Size 2 oz uncooked	
Servings per container 5	
Amount Per Serving	
Calories 128	Calories from fat 120
% Daily Value*	
Total Fat 1 g	0%
Saturated fat 0g	0%
Cholesterol 0mg	0%
Sodium 43 mg	2%
Total Carbohydrates 24g	18%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 8%

Cost (Recipe)

NAME:	QUANT.:	COST:
1. Vegetable Oil	1 tsp	\$0.01
2. Large Eggs	2 ea	\$0.32
3. Flour	1 1/2 cup	<u>\$0.19</u>
Total		_____

Home Made Pasta

Cost of Recipe: \$._____

Makes: 4 servings

Cost per Serving: \$0._____

Time

Mixing Ingredients	5 minutes
Kneading	10 minutes
Resting dough	30 minutes
Rolling and Cutting	15 minutes
Cooking	3-5 minutes

Total Time _____

Breadsticks

Home Made Italian Cheese Breadsticks

Cost of Recipe: \$ _____

Makes: 12 each

Cost per Serving: \$ _____

Cost per Stick \$ _____

Ingredients:

#	NAME:	QUANT.:	COST:
1.	Mozzarella Cheese	1/2 cup	\$0.87
2.	Parmessan Cheese	1 tbsp	\$0.24
3.	Italian Salad Dressing	1/4 cup	\$0.26
4.	Vegetable Oil	1 tbsp	\$0.03
5.	sugar	1 tsp	\$0.00
6.	Yeast	1 tbsp	\$0.84
7.	Flour	2 1/2 cup	\$0.31

Total _____

Nutrition Facts

Serving Size 2 breadsticks

Servings per container 6

Amount Per Serving

Calories 219 Calories from fat 40

% Daily Value*

Total Fat 5 g 0%

Saturated fat 1g 7%

Cholesterol 60mg 2%

Sodium 80 mg 3%

Total Carbohydrates 34g 26%

Dietary Fiber 2g 7%

Sugars 1g

Protein 8g

Vitamin A 2% • Vitamin C 0%

Calcium 9% • Iron 12%

Convenience Bread Sticks

Western Family Frozen Breadsticks

\$2.00 per box

Contains 6 Bread Sticks

Serving Size 1 Stick

Cost Per Serving? \$ _____

Western Family Garlic Breadsticks

Nutrition Facts

Western Family - Garlic Breadsticks

Calories	170	Sodium	250 mg
Total Fat	6 g	Potassium	0 mg
Saturated	2 g	Total Carbs	23 g
Polyunsaturated	3 g	Dietary Fiber	1 g
Monounsaturated	2 g	Sugars	2 g
Trans	0 g	Protein	3 g
Cholesterol	0 mg		
Vitamin A	4%	Calcium	0%
Vitamin C	0%	Iron	8%

Total Preparation Time

Prep. _____

Baking? _____

Total _____

Time: Calculate the time it takes to do each step

Mixing Ingredients _____

Kneading _____

Shaping _____

Baking _____

Total Time _____

Pillsbury Breadsticks (Can)

Cost per Package \$3.69
Contains 12 Breadsticks
Serving Size 2
Cost per Serving\$ _____
Cost per Breadstick \$ _____

Nutrition Facts

Pillsbury - Original Breadsticks

Calories	130	Sodium	280 mg
Total Fat	2 g	Potassium	0 mg
Saturated	0 g	Total Carbs	26 g
Polyunsaturated	1 g	Dietary Fiber	1 g
Monounsaturated	0 g	Sugars	3 g
Trans	0 g	Protein	4 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	8%

Time

Preparation _____

Baking _____

Total _____

Carrots

Costs

Fresh \$.79 per pound (16 oz)

Frozen \$1.00 per 12 oz.

Canned: \$.79 for 15 oz can

Read and Compare the actual label
from the Can or Frozen Bag.

Cost per Cup _____
Cost per Serving _____
Size of Serving 3 oz or 1/3
C _____

Nutrition Facts Fresh Carrots

Serving Size 1 cup of chopped

Amount Per Serving

Calories from Fat 3

Calories 52

% Daily Values*

Total Fat 0.31g **0%**

Saturated Fat 0.047g **0%**

Polyunsaturated Fat 0.15g

Monounsaturated Fat 0.018g

Cholesterol 0mg **0%**

Sodium 88mg **4%**

Potassium 410mg

Total Carbohydrate 12.26g **4%**

Dietary Fiber 3.6g **14%**

Sugars 5.81g

Protein 1.19g

Vitamin A 430% • Vitamin C 13%

Calcium 4% • Iron 2%

Are there any unknown ingredients
listed in the convenience items?

TIME

Fresh: Time to Peel Carrots _____

Time to Cut Carrots _____

Time to Cook Carrots _____

Total _____

Canned or Frozen

Time to prepare and cook, according
to instructions on the Label.
(Stovetop or Microwave).

Cost of Staples					
DAIRY PRODUCTS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Milk: whole	\$3.56	1 gal		cup	gal = 16 cups
2%	\$3.39	1 gal		cup	gal = 16 cups
skim	\$3.29	1 gal		cup	gal = 16 cups
buttermilk	\$1.62	1 qt		cup	qt = 4 cups
powdered	\$16.59	64 oz		cup	1 lb = 2 cups
evaporated	\$0.79	12 fl oz		can	can = 2 cups
Sweetened Cond. Milk	\$1.59	14 oz		cup	1 lb = 1.5 cups
powdered reconstituted	\$1.98	1 gal		cup	1 lb = 2 cups
yogurt	\$1.99	2 lbs		cup	1 lb = 2 cups
yogurt	\$0.60	6 oz		6 oz	1 lb = 2 cups
Cream: sour	\$1.89	1lb		cup	1 lb = 2 cups
whipping	\$1.79	1 pint		cup	1 pt = 1 qt whipped
half & half	\$3.29	1 qt		cup	
Cheese: cottage	\$1.89	1.5 lb		cup	1 lb = 2 cups
cheddar, mild	\$3.49	1 lb		oz	1 lb = 2 cups
sharp	\$4.29	1 lb		oz	1 lb = 2 cups
mozzarella	\$3.59	1 lb		oz	1 lb = 2 cups
swiss	\$4.79	1 lb		oz	1 lb = 2 cups
ricotta	\$5.39	30 oz		oz	1 lb = 2 cups
processed (sliced)	\$2.99	8 oz		1 oz	1 lb = 16-20 slices
shredded cheddar	\$2.99	8 oz		oz	1 lb = 2 cups
spread	\$1.49	8 oz		1 oz	1 lb = 2 cups
parmesan -- fresh	\$2.49	5 oz	0.5	1 oz	1 lb = 2 cups
parmesan -- canned	\$4.79	7 oz	0.5	1 oz	1 lb = 2 cups
cream cheese	\$1.59	8 oz		1 oz	1 lb = 2 cups
Eggs: medium	\$2.09	1 doz		each	1 lb = 8-10 eggs
large	\$2.19	1 doz		each	1 lb = 8-10 eggs
FATS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Margarine: stick	\$1.09	1 lb		tbsp	1 lb = 2 cups
tub	\$3.29	3 lbs		tbsp	1 lb = 2 cups
butter	\$2.49	1 lb		tbsp	1 lb = 2 cups
shortening	\$3.49	48 oz		cup	1 lb = 2.25 cups
canola oil	\$2.69	48 oz		cup	
vegetable oil	\$8.69	1 gal		cup	1 lb = 2 cups

CEREALS & FLOUR	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Flour: white	\$2.49	5 lbs		cup	1 lb = 4 cups
whole wheat	\$2.79	5 lbs		cup	1 lb = 3.75-4 cups
bread	\$3.49	10 lbs		cup	1 lb = 4 cups
cake	\$2.99	32 oz		cup	1 lb = 3.75 cups
bisquick	\$2.99	2 lbs		cup	
Crackers: saltines	\$2.99	1 lb		each	1 lb = 150-160 ckr
graham	\$3.99	1 lb		each	1 lb = 60-65 ckr
graham crust	\$1.79	each		each	
Bread: white	\$2.89	1 loaf		slice	1 loaf = 16-18 slices
whole wheat	\$2.89	1 loaf		slice	1 loaf = 16-18 slices
tortillas	\$3.79	10 ct.		each	
croutons	\$1.69	6 oz			
bread crumbs	\$1.39	15 oz		cup	1 lb = 4 cups
Pasta: spaghetti (uncooked)	\$2.79	3 lbs		4 oz	
noodles (uncooked)	\$1.09	12 oz		4 oz	
macaroni (uncooked)	\$3.79	48 oz		4 oz	1 lb = 4 cups
lasagna noodles	\$1.29	8 oz			
manicotti noodles	\$1.99	8 oz			
rotini noodles	\$1.59	12 oz			
Rice: regular	\$2.49	32 oz		4 oz	1 lb = 2.33 cups
quick	\$4.49	42 oz		4 oz	1 lb = 2.33 cups
brown	\$2.89	32 oz		4 oz	1 lb = 2.33 cups
Oatmeal	\$2.59	48 oz		cup	1 lb = 5.33 cups
cornmeal	\$4.79	1.5 lbs		cup	1 lb = 3 cups
corn flakes	\$2.39	18 oz		cup	1 lb = 4 qts
Rice Krispies	\$3.89	13.5 oz		cup	1 lb = 4 qts
FRUITS & JUICES	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Fresh: apples	\$1.29	1 lb		each	1 lb = 3-4 med.
avocado	\$1.99	each		each	1 lb = 2 medium
banana	\$0.59	1 lb		each	1 lb = 3 medium
grapes	\$3.99	1 lb		lb	1 lb = 1 qt
grapefruit	\$1.59	1 lb		each	1 lb = 1 grapefruit
kiwi	\$0.50	each		each	
lemons	\$0.69	each		each	1 lb = 4-5 lemons
limes	\$0.33	each		each	
nectarine	\$3.99	1 lb		each	
peaches	\$3.99	1 lb		each	1 lb = 4 medium
pears	\$1.49	1 lb		each	1 lb = 3-4 medium
oranges	\$1.49	1 lb		each	1 lb = 3-4 medium
strawberries	\$3.99	1 lb			

blueberries	\$4.99	4 oz			
raspberries	\$4.99	6 oz			
Canned: applesauce	\$0.69	16 oz		cup	1 lb = 2 cups
fruit cocktail	\$0.99	15.25 oz		cup	
grapefruit	\$1.59	15 oz		cup	1 lb = 2 cups
peaches	\$1.19	15 oz		cup	1 lb = 2 cups
pears	\$0.99	15 oz		cup	1 lb = 2.5 cups
pineapple chunks	\$1.29	20 oz		cup	1 lb = 2 cups
pineapple crushed	\$1.29	20 oz		cup	1 lb = 2 cups
mandarin oranges	\$0.69	15 oz		cup	
Frozen: strawberries	\$2.29	16 oz			
blueberries	\$4.59	16 oz			
raspberries	\$3.29	16 oz			
peaches	\$3.19	16 oz			
Juice: apple	\$2.59	64 oz		cup	
cranberry	\$2.79	64 oz		cup	
orange (frz. Concentrate)	\$1.49	12 fl oz		6 oz	6 oz = 3 cups (reconstituted)
tomato	\$2.59	1 qt		cup	
grapefruit	\$4.19	64 oz		cup	
pineapple	\$3.69	46 oz			
SUGARS & SWEETS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Granulated	\$4.39	10 lb		cup	1 lb = 2.25 cups
Brown	\$1.49	2 lb		cup	1 lb = 3 cups
Powdered	\$1.39	32 oz		cup	1 lb = 3.25 cups
Molasses	\$2.79	12 oz		cup	1 lb = 1.33 cups
Honey	\$4.19	24 oz		cup	1 lb = 1.33 cups
Karo	\$2.79	16 oz		cup	1 lb = 1.5 cups
Jam & Jelly	\$2.99	32 oz		cup	1 lb = 1.33-1.5 cups
MISCELLANEOUS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Miracle Whip	\$3.79	32 oz		cup	
Mayonnaise	\$2.89	32 oz		cup	1 lb = 2 cups
Salad dressing (ranch, etc.)	\$2.39	16 oz		cup	1 lb = 2 cups
Bouillon Cube	\$1.49	3.38 oz		each	
Shredded coconut	\$2.19	14 oz		cup	1 lb = 4.75 cups
Raisins	\$3.99	2 lbs		cup	1 lb = 3 cups
Walnuts	\$6.79	16 oz		cup	1 lb = 4 cups
Ketchup	\$1.79	24 oz		cup	1 lb = 2 cups
Mustard	\$1.29	1 lb		cup	1 oz = 2 Tbsp

Salt	\$0.59	26 oz		tsp	1 lb = 1.5 cups
Tapioca	\$2.89	7 oz		tbsp	1 lb = 3 cups
Cornstarch	\$1.79	16 oz		tbsp	1 lb = 3.5 cups
Baking Powder	\$1.09	10 oz		tsp	1 oz = 2.33 tbsp
Soda	\$1.19	16 oz		tsp	1 oz = 2.33 tbsp
Vinegar	\$1.69	32 oz		tbsp	1 lb = 2 cups
Vinegar (cider)	\$1.99	32 oz		tbsp	1 lb = 2 cups
Vanilla (imitation)	\$1.19	8 oz		tsp	1 oz = 2 Tbsp
Vanilla (real)	\$7.99	2 oz		tsp	1 oz = 2 Tbsp
Italian Seasoning	\$1.29	.75 oz			
Garlic Powder	\$3.19	3 oz			
Onion Powder	\$4.59	3 oz			
Cinnamon	\$3.19	3.37 oz		tsp	1 oz = 4 tbsp
Basil (dry)	\$5.45	.62 oz			
Basil (fresh)	\$2.99	1 oz			
Parsley (fresh)	\$0.99	bunch		bunch	
Parsley (dry)	\$2.59			oz	
Rosemary	\$4.99	.35 oz		oz	
Sun dried tomatoes	\$5.69			oz	
Yeast (dry)	\$3.69	4 oz		tbsp	1 oz = 3 T+1 tsp
Worcestershire sauce	\$1.39	10 fl oz		tbsp	
Soy sauce	\$2.69	10 oz		tbsp	
Barbeque sauce	\$2.49	18 oz			
Teriyaki sauce	\$3.99	17 oz			
MISCELLANEOUS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Cocoa	\$2.69	8 oz		cup	1 lb = 4.5 cups
Unsweetened Chocolate	\$2.65	8 oz		1 sq	1 lb = 16 sq
Chocolate Chips (milk)	\$1.99	11.5 oz		cup	1 lb = 2.66 cups
Peanut Butter Chips	\$1.99	10 oz		cup	1 lb = 2.66 cups
Jello (powdered)	\$0.89	6 oz		3 oz	1 lb = 2.25 cups
Salsa	\$2.99	24 oz		cup	
Ice Cream	\$2.79	1/2 gal.		cup	1 gal = 4.5-6 lbs
Frozen Yogurt	\$4.98	1/2 gal.		cup	
Sherbet	\$2.99	1/2 gal.		cup	1 gal = 6 lb
Cool Whip	\$1.39	16 oz		8 oz	
Marshmallows	\$1.59	1 lb		cup	1 lb = 8 cups
Peanut Butter	\$1.79	18 oz		cup	1 lb = 2 cups
Soda Pop	\$1.49	12 oz		12 oz	
Soda Pop	\$1.99	2 liter		2 liter	
SOUP	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Cheese	\$1.50	8 oz		can	
Cream of Chicken	\$.99	10.75 oz		can	
Cream of Mushroom	\$0.99	10.75 oz		can	
Broth, beef	\$.89	10.5 oz		can	
Broth, chicken	\$.89	10.5 oz		can	
Dry Onion	\$1.49	1.04 oz		1	1 oz = 2.5 tbsp

				envelope	
Tomato	\$0.88	10.75 oz		can	
Vegetable	\$.69	10.5 oz		can	
Vegetable Beef	\$.99	10.5 oz		can	
Ramen	\$0.10	1 pkg		each	
VEGETABLES	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Fresh: broccoli	\$1.99	1 lb		lb	1 lb = 1 med. Head
cabbage	\$0.69	1 lb		head	
carrots	\$0.79	1 lb		lb	1 lb = 4-5 medium
asparagus	\$7.99	1 lb			
cauliflower	\$1.99	1 lb		lb	1 lb = 1 medium head
celery	\$1.50	1 lb		stalk	
cucumbers	\$1.50	each		each	1 lb = 2-3 large
lettuce (iceberg)	\$1.69	1 head		1 head	1 head = 2 lbs
lettuce (green leaf)	\$1.79	1 bunch		bunch	1 bunch = 2 lbs
sliced mushrooms	\$2.49	8 oz		lb	1 lb = 5 cups
onions	\$0.99	1 lb		each	1 lb = 4-5 medium
peppers, red	\$2.00	each		lb	1 lb = 2-3 medium
peppers, green	\$1.50	each		lb	1 lb = 2-3 medium
potatoes	\$3.69	10 lbs		each	1 lb = 3 medium
spinach	\$2.24	1 bunch		bunch	1 bunch = 2 lbs
tomatoes	\$1.99	4 pack		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	\$1.69	1 lb		cup	1 lb = 4 cups
cauliflower	\$1.99	1 lb		cup	1 lb = 4 cups
corn	\$2.89	2 lb		cup	1 lb = 3 cups
green beans	\$1.79	1 lb		cup	1 lb = 3 cups
peas	\$2.29	2 lb		cup	
mixed vegetables	\$1.29	1 lb		cup	
MEATS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Bacon	\$3.69	1 lb		lb	1 lb = 14-25 slices
cooked bacon	\$6.29	12 oz		lb	1 lb = 14-25 slices
Chicken (whole)	\$4.99	3.5 lb		lb	
Chicken (breast)	\$3.49	2.38 lb		lb	
Chicken (canned)	\$2.99	10 oz		can	

Beef: ground, regular	\$10.99	5 lbs		lb	
ground, lean	\$2.39	1 lb		lb	
ground, extra lean	\$2.69	1 lb		lb	
roast sirloin tip	\$3.69	1 lb		lb	
Fish: halibut	\$11.99	1 lb		lb	
salmon	\$5.79	1 lb		lb	
tuna	\$1.49	6 oz		can	1 lb = 2 cups
Liver	\$1.49	1 lb		lb	
Pork chops	\$2.30	1 lb		lb	
Sausage	\$1.39	12 oz		lb	1 lb = 16-17 links
Turkey: whole	\$1.39	1 lb		lb	
ground	\$2.49	1 lb		lb	
Pepperoni	\$1.69	3 oz		oz	
Lunch Meats	\$4.69	1 lb		lb	
Turkey breast	\$5.39	1 lb		lb	
Hot Dogs	\$1.59	1 lb		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 FOODS	Unit Cost	Unit Size	Cost Per Serving	Serving Size	Conversion Factor
Frozen Rolls	\$3.59	3 lbs	0.05	each	36 rolls per pkg.
Ready Pie Crust	\$1.99	15 oz	1.20	each	2 per package
Pudding/Pie Filling	\$.69	1 box	.69	3 oz	
Pudding/Pie Filling	\$.69	1 box	.69	6 oz	
Pie Filling: Pumpkin	\$3.30	29oz		½ c.	7 servings per can

Name _____ Per. _____ Unit _____ Date _____

PERFORMANCE OBJECTIVE 5

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

PERFORMANCE OBJECTIVE 6

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

PERFORMANCE OBJECTIVE 8

Actively participate in the preparation of a canned/frozen and/or fresh produce food. Compare the nutritional content and cost of a comparable canned/frozen vs. fresh produce food.

1. The class will be divided into different work stations where you will work with another group. 1 & 2, 3 & 4, 5 & 6, 7 & 8. You will be comparing your answers with your partner group.
 - a. Group 1, 3, 5 & 7 will make Meatballs and Marinara Sauce from scratch, and then make one of the types of "Convenience" Breadsticks", and canned or Frozen Carrots
 - b. Groups 2,4,6 & 8 will make Meatballs and Marinara /Spaghetti sauce using convenience foods, and then make Breadsticks using the Scratch recipe for Cheesy Italian breadstick, and Fresh Carrots
 - c. Both groups will cook Pasta. On another lab day we did make Scratch pasta, and I have calculated the time and cost for that type to compare.
2. While you are working, have one person be the time keeper on all of your foods, so that you can determine how long it takes to make each of your recipes. You may also look at the label of the convenience foods and the recipes to give you a good estimate on how long things should take. Write down the times for each and **compare**.
3. I have included Nutrition Labels and Costing documents about all of the foods.
 - a. Calculate the cost of each of the ingredients, per recipe, per serving and per item ie. Breadstick or meatball, and **compare** the Scratch version to the convenience version..
 - b. Look carefully at the nutrition labels for each of the recipes and **compare** the nutrition of the Scratch version and the Convenience version.
4. When everything has been cooked, measured and evaluated for nutrition, time and cost, then get out your plates and taste each of the foods. Compare the Flavor, Color, Texture according to your tastes.
 - a. On the Chart, put in the figures which describe the comparisons of the different similar foods. What is the cost of each, which was your favorite taste or flavor, and why, what is the best or worst thing about the nutrition for each item, how long does it take to make this item.
 - b. Circle the Best in each category. Then write a sentence describing which one you would prefer, and why

Name_____ Per._____ Date_____ Unit_____

Marinara Sauce

Type	Time	Nutrition	Taste	Cost
Home Made				
Canned				

In your opinion, which was the “best”? Why did you choose it?

Meatballs

Home Made				
Frozen				

In your opinion, which was the “best”? Why did you choose it?

Bread Sticks

Home Made				
Convenience				

In your opinion, which was the “best”? Why did you choose it?

Carrots

Type	Time	Nutrition	Taste	Cost
Fresh				
Canned/Frozen				

In your opinion, which was the “best”? Why did you choose it?

Pasta

Type	Time	Nutrition	Taste	Cost
Home Made				
Dry				

In your opinion, which was the “best”? Why did you choose it?

Final Question: Write a Paragraph.

What did you learn today about Convenience Foods and Food from Scratch? What are the advantages and disadvantages of Scratch and Convenience foods?

Italian Cheese Bread

Bread Ingredients:

- 2 to 2 1/2 c. flour 1 tsp. salt
- 1 Tbsp. yeast 1 c. hot water (Between 115° and 125°)
- 1 tsp. sugar
- 1 Tbsp. vegetable oil
- Topping Ingredients:
- 1/4 c. Italian salad dressing 1/2 tsp. Italian seasoning
- 1/4 tsp. salt
- 1 Tbsp. grated Parmesan cheese
- 1/4 tsp. garlic powder
- 1/2 c. shredded mozzarella cheese

Directions:

1. .Preheat oven to 450*.
2. .In a medium sized mixing bowl, combine water, yeast and sugar and let sit for 3 to 5 minutes, or until yeast is activated. (It will look frothy and foamy.)
3. .Add the oil and salt to the water and yeast mixture. Then, add the flour 1/2 c. at a time to the liquid ingredients. Mix together until a dough forms. Dont add too much flour at a time, and only add flour until to dough is no longer sticky.
4. .Turn out the dough onto a floured surface and knead for 1 to 2 minutes, or until smooth and elastic.
5. Using the rolling pin, roll the dough out on the counter until you form a large circle.
6. Lift and place the dough on a greased pizza pan. Push the dough out until it forms a thin circle that reaches all the way to the edges of the pan. (It will look like pizza dough.)
7. Mix all topping ingredients and seasonings, MINUS both of the cheeses, into the Italian salad dressing. Spread the dressing mixture on top of the bread in an even layer, using the pastry brush. Then, sprinkle the 1/2 c. mozzarella and 1 Tbsp. parmesan cheese evenly on top of the bread.
8. Place on the top rack of the oven and bake for 15 minutes or until golden brown.
9. .Remove from oven, cut with a pizza cutter.

Marinara & Meatballs

Meatballs:

- 1/2 lb pork sausage
 - 1/4 c all-purpose baking mix
 - 1/2 c shredded mozzarella cheese
 - 2 T chopped onion
 - 1 t black pepper
 - 1 t garlic
 - 1 egg
1. .Heat oven to 375*. Mix together all ingredients in a bowl- stir well.
 2. Form into 1 diameter meatballs. Place them place onto a cookie sheet. Be sure to line the cookie sheet with tin foil first.
 3. Bake for 18-20 minutes or until golden brown. While meatballs are cooking, prepare the marinara sauce and noodles.

Marinara:

- 1 T olive oil
 - 2 cloves garlic, minced
 - 1/2 c minced onion
 - 1 (15 oz) can of crushed tomatoes
 - 1 (6 oz) can tomato paste
 - 1 (6.5 oz) can tomato sauce
 - 1/2 c water
 - 1/2 tsp kosher salt
 - 1 t sugar
 - 1/4 tsp black pepper
 - 1 T Italian seasoning
 - 1/2 t dried basil
 - 1/2 t oregano
1. Heat a medium saucepan over a medium-low heat. Add the olive oil to the pan, allowing it to warm for 1 minute. Then add garlic& onions and sauté it for 2 min, stirring constantly, until it is golden brown and fragrant.
 2. .Add the remaining ingredients, stirring to combine. Simmer the sauce for about 7 minutes, stirring occasionally, then season with addition salt if needed.
 3. Makes about 2 1/2 cups