

463 Sports Nutrition: Ready, Set, Go

Recipe Completion Chart

For each Project Activity, you must prepare **all recipes and complete each of the activities.** (Overtime Activities are option in the first year.) Please keep track of the recipes you have made using this chart.

Topic	Recipe	Number of Times Recipe Made
The Three Parts of Physical Fitness	Pasta Salad	
	Spinach and Mandarin Orange Salad	
Exercise and Your Heart Rate	Stir Fry Vegetables	
	Fruit Salsa	
Eating and Burning Calories	Sandwich Mix-and-Match	
	Minestrone Soup	
How Nutrients Help Performance	Baked Potatoes Deluxe	
	Granola	
Finding Hidden Water for Hydration	Make Your Own Sports Drink	
	Infused Water Drinks	

