

## 481 Everyday Food and Fitness Recipe Completion Chart

For each Project Activity section, you must prepare **all included recipes and complete each of the accompanying activities**. Please keep track of the recipes you have made using this chart.

Topic	Recipe	Number of Times Recipe Made
<b>Choose MyPlate for a Healthier You</b>	No recipes	
<b>Going with the Grains</b>	Flatbread Pizza	
<b>Eat the Rainbow</b>	Kale Chips	
<b>Get Fruity with Your Food</b>	4-H Green Smoothie	
<b>Pass the Cheese, Please</b>	Fruit and Cheese Kabobs	
<b>Get Growing with Proteins</b>	Perfect Balance Humus	
<b>Get Moving for Life</b>	No recipes	

