

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

