

USE THIS, NOT THAT HEALTHY SUBSTITUTIONS

Part I: You will be assigned a common ingredient used in baking or cooking. Your goal is to research and investigate a healthy substitution for it. You are to explain why the original is not so healthy, while the substitute is better. You will need to include nutritional concerns and values, calories, fat, health benefits, etc. You will create a PPT slide to share this information with the class.

Part II: After all of the ingredient substitutions are presented, you will need to find a favorite family recipe for a food and revise it to incorporate the healthier substitutions. You may also need to rewrite the directions after you make your substitutions. Optional: You may bring your revised recipes/products in for the class to sample.

Use This, Not That

	
<p>One Tbsp.= 8 calories, 3 g. protein, 2% calcium, 0 g. fat. Excellent for digestive health; probiotics, helps control blood pressure, good for bone health & weight management.</p>	<p>One Tbsp.= 31 calories, 3 g. fat, 6 mg. cholesterol, 8 mg. sodium, .46 g. protein, 2% calcium. Increases risk of heart disease and high in saturated fat.</p>

Ingredients: All-Purpose Flour, Granulated Sugar, Butter, Oil, Cream, Milk, Eggs, Bread Crumbs, Chocolate Chips, Mayonnaise, Frosting, Quick Oats

My Ingredient is _____

NOTES:

Original Ingredient Info:

Healthy Substitutions Info:

Rubric

Criteria	Present	Not Present
Use This, Not That Title (1)		
Pictures of This, Not That Products (4)		
Explanations of Choices with Nutrition/Health Information (10)		
Free of Spelling Errors (5)		
Before & After Recipe (15)		
Total Points: 35		

Healthy Ingredient Substitutions

Use This	Why?	Not That	Why?
Greek Yogurt Plain	Less calories, no fat, good for digestive, bone & weight management	Sour cream	More calories, fat and sodium. Higher risk of heart disease

USE This	Why?	NOT That	Why?

Recipe Makeover for _____

<p>Original Recipe Ingredients</p>	<p>Original Recipe Directions</p>
<p>Healthy Substitutions Recipe</p>	<p>Healthy Substitutions Directions</p>

