Make Up Option (1 day)

Complete the following assignment on a separate sheet of paper, staple it to this one and turn it in to your teacher:

1. Find a recipe for one of your favorite dishes that some may call unhealthy. List the recipe.

2. In a minimum of 3 sentences describe why this recipe is unhealthy.

3. In a minimum of 3 sentences describe how you could change the recipe to make it healthier. Include why the substitutions make it healthier.

4. List the new recipe.