



How To Be A Cabot All-Star Chef Activity Sheet

cabotcheese.coop

to be used with the All-Star Recipes Handout



Being an All-Star Chef means thinking not only about how your food tastes but also how it fuels your body. Use the criteria below to rate the recipes on the handouts or the ones you see demonstrated in class. Do they meet all four?

Rate each recipe based on the following criteria:

1 This recipe contains foods from at least two food groups (Circle which one).

Food groups are: Whole Grains Fruits Vegetables Dairy Meat Beans

2 It should contain a high-fiber food such as whole grains, fruits, vegetables, beans, nuts and seeds.

Name which high-fiber food or foods: _____

3 The fat has been reduced or replaced with healthier fats such as vegetable oils (canola, olive, etc.), or nuts or low-fat dairy to add healthy fat that your body needs.

What type of reduced fat was used? _____

4 Is it low in sugar or replaced with healthier options such as fruit or 100% fruit juice to sweeten it naturally?

What sweetener was used? _____

5 Was it is easy to prepare?

Why? _____

6 Did it taste good?

What did you like most about the taste? _____

What do you think makes a snack healthy? _____

As an All-Star Chef, create your own criteria. _____

My favorite snack is: _____

Two reasons my snack is healthy or two ways I could make my snack healthier are:

- 1.
- 2.

