RECIPE ANALYSIS
PRACTICE WORKSHEET

Recipe Name: _____ **Portions per Recipe:** _____

Ingredients (1)	Quantity of Ingredient As Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings Per Purchase Unit *Food Buying Guide* (4)	Meat/Meat Alternate (ounces) (2) X (4) = (5)	Fruit/ Vegetable (1/4 cup) (2) X (4) = (6)	Grains/Bread (Servings) (2) X (4) = (7)
M/MA						
F/V						
G/B						
(page numbers refer to 2001 *Food Buying Guide*) NOTES: • Oz to lb conversion chart is on page I-36 *FBG.* • Remember to convert ready-to-use products to their "as purchased" amount. • The values for Col. 5, 6,&7 are found by multiplying the value of Col. 2 by the value in Col. 4. • Remember to divide the total ¼ servings of F/V by 4 to get the cups of that component. • Grains/bread in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data or that same size. • Grains/bread in numbers of servings: use the yield data provided for 1 grains/breads serving.	**Totals**				(1/4 c)	
	Portions per recipe					
	Calculations			total divided by number of portions	total divided by 4 (to get units in cups), then divided by number of portions	total divided by number of portions
This recipe provides ___ portions.	**Each Portion Contributes**			oz **meat/meat alternate**	cups(s) **fruit/ vegetables**	servings **grains/ breads**