

# Internet Exercises

## Exercise 1: Healthy Recipes

1. Log on to <http://pinellaswellness.com> and click on *Healthy Recipes*. Find one recipe that sounds good to you and copy the recipe onto this page:

Name of the recipe: \_\_\_\_\_

Ingredients:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

How to cook it: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How long to cook it: \_\_\_\_\_ At what temperature: \_\_\_\_\_

2. Try the recipe this week. Then answer these questions:

a. Did you and your family like the recipe you made? \_\_\_ Yes \_\_\_ No

b. If yes, what made it taste good? \_\_\_\_\_

c. If no, how can you make it taste better? \_\_\_\_\_

d. How was the food cooked? (baked, boiled, fried, etc.) \_\_\_\_\_

e. Why is this a healthy recipe? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_