

SCHOOL CANTEEN RECIPE MAKEOVERS

Understanding how to modify recipes will help you provide healthier options to your students. When modifying a recipe, ask yourself the following questions:

1. What ingredients are making this recipe high in fat, sugar and salt?

Ingredients such as butter, cream, oil, salt, sugar and chocolate are high in fat, salt and/or sugar.

2. Is it possible to eliminate, reduce or substitute?

For each of the ingredients you identify, work out the most appropriate action.

3. Could the nutritional value of the recipe be enhanced by adding nutrient-rich ingredients?

E.g. add vegetables, fruit or legumes.

4. Are there any steps in the selection, preparation or cooking that could be changed?

E.g. using healthier cooking methods like grilling instead of frying.



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