FOOD PREPARATION
How to Read a Recipe

Are you intimidated when you look at a recipe? Or have you started cooking and found you didn’t have one of the items listed in the recipe? An important first step to cooking success is reading through a recipe before beginning to cook!

The parts of a recipe

A recipe is like a roadmap. Each part provides important information. Here are the parts of a recipe:

1. **Servings**
The number of people the recipe will feed. The recipe will serve less if any members of your family tend to eat more.

2. **Time**
Recipes may include the total time needed to make the recipe. Many supply the preparation time, and the cook or bake time separately. It may not include the time it takes to peel or chop vegetables.

3. **Ingredients**
Food items needed to make the recipe. Note the amount of ingredients needed. Look for ingredients that need to be prepared before beginning, such as cooking rice or chopping onion.

4. **Directions**
_**Read all the directions before starting a recipe!**_ Look for any cooking terms or instructions you don’t understand. Look for any extra ingredients that aren’t listed in the ingredients list. Do you have other options that could be used if the recipe uses equipment you don’t have?

5. **Nutrition Facts**
Lists the nutrition information for each serving. It can help you decide if the recipe fits with your dietary needs, like low sodium or low sugar.

Use what you have learned. Take one of your favorite recipes and identify the different parts!