**Food recipe Criteria**

**You must include:**

-Ingredients (and its food group)

-Preparation time, Cooking time

-Directions (instructions) clearly and detailed laid out and numbered on each line.

-Pictures of the ingredients, process and the finished dish

-Food allergy/restrictions notes for your dish

**Reflection**

*-Why you think this dish is healthy*

*-Why did you choose to make this dish?*

*-Challenges/ Successess / Surprises*

**Food allergy/ Restriction notes for Div.3**

**Hannah-** *no cheese*

**Burhan –** *no beef, no pork, no lamb*

**Eshan & Ronit –** *No beef, no pork*

**Harsimar –** *no nuts*

**Muskan, Jaylum, Karamjot –** *No bananas*

**Raveen-** *no tomatoes*

**Raj –** *No egg, no meat*

**Arsh –** *Yes egg , no meat*