

**PRODUCT ANALYSIS**

**FODPAN**

Student Name: \_\_\_\_\_

Product: STIR FRY

Module: FRUITS & VEGETABLES

Teacher: MRS.KIATT

Class: FOODS 10

Date: \_\_\_\_\_

Product: **CREATE YOUR OWN STIR FRY**

Presented in appropriate manner (garnish, temperature)

Describe the standard product.

**OMIT THIS QUESTION**

Nutrition: **RESEARCH THE INGREDIENTS IN YOUR RECIPE TO FIND OUT WHY IT IS HEALTHY!**

This product belongs to: (circle all that apply)

Grain Products    Vegetables & Fruits    Milk Products    Meat & Alternates    Other

Major nutrients include:

Function of nutrient:

- 1.
- 2.
- 3.

This product is/is not nutritious because:

Ingredients:

Major ingredients:

Function:

- 1.
- 2.
- 3.

What preparation techniques/skills/methods did you use/learn?