**RECIPE ASSIGNMENT**

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| **Course**Diploma/Coach/Medic | **Medic** |
| **Module** |  |
| **Name** |  |
| **Email Address** |  |
| **Word Count** |  |
| **Recipe Name**  |  |
| **Meal**Breakfast/Lunch/Dinner |  |

**Photograph**

Only place your low-resolution photo here:

Also upload high-resolution photograph separately as a JPEG when submitting assignment in assignment uploads

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| **Short description of the dish with health benefits** – Max 60 words (excluded from the word count) |  |
| **Your Website** or social handle link you want the recipe linked to |  |
| **Serves**; Number of people the dish serves |  |
| **Preparation time** in mins |  |
| **Cooking time** in mins |  |
| **Dietary Symbols**: Vegan **VE** - Vegetarian **V** - Dairy Free **DF** – Gluten Free **GF** |  |
| **Ingredients** |  |
| **Method** |  |

**Nutritional Benefits of the Ingredients**

**Bibliography - Harvard referencing**

(Minimum 5 references with the majority being primary scientific references)

**Marker’s Comments**

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