**For full credit**, you must provide a recipe, and answer the following questions about both your recipe, local food production, and about generally eating at a lower trophic level:

**Include recipe and source, taped neatly on the back of this page ( /10 pts)**

**Circle one ( /5 pts):** VEGAN or VEGETARIAN

**Original recipe ( \_\_\_\_\_ / 0 *pts* - *extra credit)***

**Connection of food item to local food production \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ( /20pts).**

**In the space below,** explain how the food item you prepared accounts for the resource

availability within the Salt Lake community. For each ingredient, identify the location(s) of its production and processing. In addition, identify the food miles for each ingredient item.

**Rational for eating at a lower trophic level ( /20pts).**

**In the space below**, write a clear, concise explanation of why it is environmentally beneficial

to eat at a lower trophic level. Be sure to discuss the flow of energy between trophic levels and

resources involved in food production. ( **/20pts)**