



QUICK REFERENCE

The RECIPE-V Framework

A structured way to build clearer, more purposeful AI prompts. Not a rigid formula — a thinking tool for deciding what the AI needs to know and what safeguards to build in.

R

Role

Tell the AI what perspective or expertise should shape the response.

Examples: Act as a college-level nutrition educator • Act as an academic advisor • Act as a community nutrition educator

E

End Goal

State exactly what should be produced or accomplished.

Examples: Create a 50-minute lesson on interpreting food labels • Develop a case-based learning activity • Create a community nutrition handout

C

Context

Provide the background information the AI needs.

Examples: Audience knowledge • Department priorities • Cultural or community context

I

Instructions

Explain the requirements, boundaries, and steps.

Examples: Include three measurable learning objectives • Use evidence-informed language • Avoid technical language for first-year students

P

Parameters

Define the format, length, tone, reading level, and structure.

Examples: Use a table • Use a professional, encouraging tone • Keep the email under 200 words

E

Examples

Show the AI what a preferred output looks like.

Examples: A previous syllabus section • A sample assignment • An approved department email

V

Verify

Require source checking and human review.

Examples: Identify claims requiring source verification • Do not invent references • Verify recommendations against authoritative sources