



EXPERIMENT WITH MEAL PLANNING



Plan a meal for your family. You can use recipes from this project manual or use family favorites. Following the suggestions on page 90, list the meal you planned and determine the food group for each item. Add a dessert for special occasion meals.

Dishes Planned for the Meal	Food Group
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, check your meal. Did you include foods from all five food groups?

- Grains Vegetables Fruit Dairy Protein Foods

What colors and shapes of food did you include in your menu? _____

What textures did you include? _____

Which foods are hot and which are cold? _____

How can you use what you have learned about planning a meal when preparing a meal for your family? _____

Challenge yourself. If you want another challenge, plan all the meals for a day, including snacks. Rate the meals using the above questions. When finished, compare the meals to **MyPlate** to see if you have provided the recommended number of servings for each food group.