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.

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.