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Chapter 16

Class

Activity 1

Meal Planning

Meals for Busy People

Purpose: To review ways that busy people can make sure they are preparing nutritious and appealing meals. **Directions:** Busy families often need ideas for meals. They want meals that are quick to fix, healthful, visually appealing, and flavorful. Listed below are some suggestions for busy families to meet these needs. In the space provided to the left of each statement, write the word or words that correctly complete each statement.

1.	? _ ? _ and preparation tasks can be assigned to family members who can do them most conveniently.
2.	Successful meal planning takes advantage of each family member's?skills.
3.	Home cooking, or??, produces flavorful, economical meals using fresh, quality ingredients. Cooking in this manner can take considerable time and energy.
4.	? - ? cooking uses a few convenience foods along with basic ingredients for easier meal preparation.
5.	Prepare quick-cooking,? meals, such as casseroles, often.
6.	Serve? regularly. It's a natural convenience food that cooks quickly.
7.	Set aside a weekend day to cook. Prepare favorite recipes and then? them.
8.	Look for recipes that can be used in? ways.
9.	If schedules keep family members from eating together at home, find a more? location.
10.	Prepare one-dish meals in $a(n)$? so that family members can help themselves when they are ready to eat.
11.	Set up a self-serve ? bar: cereals, bowls, spoons, glasses, juice, milk, and fresh fruit.

Activity 2

Chapter 16

Meal Planning

The Family Food Budget

Purpose: To review information related to a family's food spending.

Directions: The words and phrases listed below represent main ideas from the text. The boxes in this activity are labeled with categories associated with these words and phrases. Write the correct words and phrases in each box in the space provided.

Words & Phrases

- Child and Adult Care Food Program
- Choose economical main dishes
- Choose less-expensive forms of food
- Elderly Nutrition Program (ENP)
- Foods in your area at various times of the year
- Look for store advertisements
- National School Lunch Program
- School Breakfast Program
- Prepare simple meals at home more often
- Reduce food waste

- Soup kitchens and food banks
- The age of family members
- The amount of food eaten away from home
- The amount of food wasted
- The number of family members
- Time and skills available for food preparation
- Total family income
- Food Stamp Program
- WIC Program

Factors Affecting Food Expenditures:

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	Chapter 16 Ac	ctivity 2 (continued)	
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Ways of Reducing Your Spen	ding:		
Food-Assistance Programs:			
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Chapter 16

Activity 3

Meal Planning

Planning for Appeal

Purpose: To be able to judge a meal on sensory appeal.

Directions: For each partial meal listed below, state which meal-planning appeal trait is missing, and suggest an alternative menu. Write your answers in the space provided.

1.	Spaghetti with orange juice:				
2.	Baked chicken, steamed white rice, and white grape juice:				
3.	Cooked spaghetti, carrots, milk:				
4.	Large steak, small salad:				
5.	Potato salad and a hamburger patty, on the same plate:				