

ACTIVITY

Off to a Good Start

Directions: Fill in the missing word or words in the sentences below.

1. A _____ is a period of going without food.
2. The word *breakfast* means _____.
3. Body cells need _____, a sugar coming from food, for energy.
4. As you sleep, body processes, such as breathing and cell growth, use up your _____.
5. Energy-producing nutrients eaten at breakfast help you feel more _____ during the morning.

Directions: For each of the foods in the breakfast menus below, decide to which of the following categories it belongs. Write the letter or letters of the correct categories on the lines provided. Then answer the questions that follow.

- | | |
|--------------------|-----------------------|
| A. Grain Group | D. Milk Group |
| B. Vegetable Group | E. Meat & Beans Group |
| C. Fruit Group | F. Healthy Oils |

Yolanda	Julius	Martin
_____ cinnamon roll	_____ slice of cheese and pepperoni pizza	_____ oatmeal
_____ butter	_____ apple juice	_____ peach yogurt
_____ orange juice	_____ grapefruit	_____ milk

6. Which of these menus, if any, would you recommend changing for better nutrition? Why?

7. How would you improve the menu(s) you identified in question 6?

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Filling Out the Menu

Directions: Use the chart below to make a plan for daily snacks that provides at least one food from each of the five food groups in MyPyramid. One snack may contain two food items (milk and cookies, for example). Write the name of each snack food and the letter(s) corresponding to the appropriate food group(s).

- A. Bread, Cereal, Rice, and Pasta Group
- B. Vegetable Group
- C. Fruit Group

- D. Milk, Yogurt, and Cheese Group
- E. Meat, Poultry, Fish, Dry Beans
Eggs, and Nuts Group

	Snack Foods	Food Groups
Mid-morning		
Mid-afternoon		
Evening		

Directions: Develop menus for a light meal and a hearty meal. Select foods from the list below and write each choice on the appropriate line. Use any foods you wish, but don't use any food more than once.

- | | | | |
|---------------|---------------------|--------------------------|--------------------------|
| milk | vegetable stir-fry | green beans with almonds | clear soup |
| coffee | macaroni and cheese | mixed sautéed vegetables | mixed sautéed vegetables |
| fruit juice | beef chili | raw vegetables and dip | tomato salad |
| roast chicken | mashed potatoes | steamed rice | egg-salad sandwich |

Light Meal	Hearty Meal
Food: _____	Appetizer: _____
Food: _____	Main Dish: _____
Food: _____	Side Dish: _____
Beverage: _____	Side Dish: _____
	Beverage: _____

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Trying to Please Everyone

Directions: Suppose you are the family cook in each situation described below. On the lines, write how you could plan your menu and cooking to please as many members of the family as possible.

1. You plan to make a tomato sauce with added mushrooms and meat to serve over pasta, but your sister is a vegetarian and your little brother likes his pasta plain.

2. You're preparing hamburgers for a cookout. You know that your dad and brother always eat quarter-pound burgers and your little cousins have trouble getting through even a small one.

3. You are planning to make lasagna and a green salad for your family's dinner, but your mother has to work late and won't be eating with you.

4. You are making submarine sandwiches, but your sister is allergic to wheat.

Directions: Put an **X** on the line in front of the best choice for someone in the situation listed in the left column.

5. Short of time	_____	A. pie from scratch	_____	B. frozen pie crust
6. Short of money	_____	A. ground beef	_____	B. prime steak
7. Limited cooking skills	_____	A. soup from mix	_____	B. soup from scratch
8. Limited equipment	_____	A. homemade ice cream	_____	B. strawberries and cream

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Recipe Makeovers for Wellness

Directions: Analyze the following two recipes. Then complete the activity on the next page.

Potato and Beef Casserole (serves 4 to 6)

Original Recipe

For potato mixture:
 3½ lb. (1.75 kg) potatoes
 1 tsp. (5 mL) salt
 1 Tbsp. (15 mL) butter
 1 tsp. (5 mL) sugar
 salt and pepper to taste
 2 large eggs

For beef filling:
 2 Tbsp. (30 mL) margarine
 1 onion, finely chopped
 1 green pepper, chopped
 1 lb. (550 g) ground beef
 1 tomato, peeled and chopped
 ½ cup (125 mL) raisins
 12 green olives, cut in half
 1 tsp. (5 mL) salt
 ½ tsp. (2 mL) pepper
 ½ tsp. (2 mL) cumin
 2 eggs, hard-cooked and chopped
 2 Tbsp. (30 mL) margarine

Procedure
 Place potatoes in a large saucepan with 1 tsp. (5 mL) salt. Cover with water and cook until tender when pierced with a fork (about 20 minutes). Drain potatoes and mash them. Stir in butter, sugar, salt, pepper, and eggs. Set potato mixture aside.
 Preheat oven to 400°F (200°C). In skillet, melt 2 Tbsp. (30 mL) margarine. Sauté onions and peppers until soft. Add beef and cook 5 minutes. Remove from heat. Add tomato, raisins, olives, salt, pepper, cumin, and hard-cooked eggs.

Revised Recipe

For potato mixture:
 3½ lb. (1.75 kg) potatoes
 ½ tsp. (2 mL) salt
 2 Tbsp. (30 mL) beef broth
 nutmeg and pepper to taste
 4 egg whites

For beef filling:
 2 Tbsp. (30 mL) margarine
 1 onion, finely chopped
 1 green pepper, chopped
 1 cup (250 mL) zucchini, chopped
 1 lb. (550 g) extra-lean ground beef
 1 tomato, peeled and chopped
 ½ cup (125 mL) raisins
 12 green olives, cut in half
 ½ tsp. (2 mL) salt
 ½ tsp. (2 mL) pepper
 ½ tsp. (2 mL) cumin
 2 Tbsp. (30 mL) wheat germ
 ½ cup (125 mL) tofu, chopped
 ¼ cup (50 mL) low-fat cheese, grated

Procedure
 Place potatoes in a large saucepan with ½ tsp. (2 mL) salt. Cover with water and cook until tender when pierced with a fork (about 20 minutes). Drain potatoes and mash them. Stir in broth, nutmeg, pepper, and egg whites. Set potato mixture aside.
 Preheat oven to 400°F (200°C). In skillet, melt 2 Tbsp. (30 mL) margarine. Sauté onions, peppers, and zucchini until soft. Add beef and cook 5 minutes. Remove from heat. Add tomato, raisins, olives, salt, pepper, cumin, wheat germ, and tofu.

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Basic Cooking Methods

Directions: Column one in the chart below is a list of basic cooking methods. The other columns are labeled with the different types of food. For each food item, complete the chart by putting an X in each row if the cooking method can be used for that food. Then answer the questions that follow.

	Eggs	Fish	Fruit	Ham- burgers	Poultry	Rice	Tender Meat	Less Tender Meat	Vege- tables
Bake/Roast									
Broil									
Grill									
Panbroil									
Boil									
Steam									
Simmer									
Poach									
Stew									
Braise									
Stir-fry									
Sauté									
Panfry									

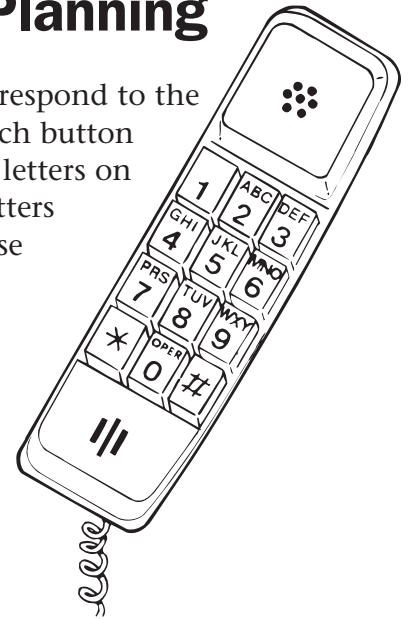
1. Which foods offer the most choices of cooking methods?

2. Which cooking methods are appropriate for the greatest number of foods?

Meal Management

Call for Successful Meal Planning

Directions: The numbers beneath the answer blanks below correspond to the numbers on the telephone buttons. There are three letters on each button (except the buttons marked 1 and 0). Decide which of the three letters on the indicated button is used in each answer. Write the correct letters in the spaces. If you decide on an answer from the clue alone, use the numbers to check your accuracy.



1.
 7 5 2 6 6 4 6 4

Management skill used in preparing successful meals.

2.
 6 3 6 8

A list of foods to serve at a meal.

3.
 6 8 8 7 4 8 4 6 6

A very important factor to consider in planning meals.

4.
 8 3 9 8 8 7 3

Whether a food is hard or soft.

5.
 7 5 4 5 5

An example of a resource used in meal planning.

6.
 3 5 2 8 6 7 7

A variety of these are desirable at each meal.

7.
 2 6 5 6 7

Garnishes add this to a meal.

8.
 9 6 7 5 7 5 2 6

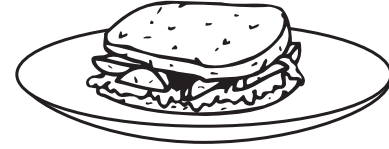
Coordinating meal preparation is easier with this.

9.
 6 3 2 5 7 2 8 8 3 7 6 7

People's preferences for eating certain foods at specific times of day.

Getting Organized

Planning Ahead



Directions: Read the recipe below. Then answer the questions on the lines provided.

Grilled Apple-Cheese Sandwiches		Directions
Customary	Ingredients	<ol style="list-style-type: none"> Combine cheese, apple, olives, and mayonnaise in mixing bowl. Spread mixture on four slices of bread. Top with the other four slices of bread. Spread butter or margarine on both outer sides of sandwiches. Heat griddle over medium heat until a drop of water sizzles when splashed on the griddle. Grill sandwiches for 2 to 3 minutes. Turn over and grill 2 to 3 more minutes until bread is golden brown and cheese is melted. Serve immediately.
1 cup	Sharp cheddar cheese, grated	
1 cup	Apple, finely chopped	
½ cup	Stuffed green olives, minced	
⅓ cup	Mayonnaise	
8 slices	Whole-wheat bread	
¼ cup	Butter or margarine	
Yield: 4 sandwiches		
Pan: Nonstick griddle		

1. List three pre-preparation tasks for this recipe and the equipment needed to complete them.

2. Estimate how long (A) pre-preparation, (B) preparation, and (C) cooking time will take.

(A) _____ (B) _____ (C) _____

3. How long do you estimate this recipe will take to prepare? _____

4. When should you start cooking to have the sandwiches ready to eat at 6:30 p.m.?

5. Which two steps listed in the directions could be dovetailed? Explain. _____
