

Tips for Quick and Healthful Eating

Directions: Fill in the blanks under the headings below with appropriate sentences from the list. Then follow the directions in *Be Wise When Eating Out*.

Avoid snacking before meals.	Use contrasting shapes.	Create one-dish meals.	Combine different colors.
Experiment with different flavors.	Share an order with someone.	Eat reasonable portions.	Make snacks a part of the daily meal plan.
Munch snack-size portions.	Use leftovers to create another meal.	Use convenience foods.	Avoid snacking when bored.
Make meals ahead of time.	Use a variety of textures.	Make healthful selections.	Take part of the meal home.

Appealing Meals

1. _____
2. _____
3. _____
4. _____

Saving Time

5. _____
6. _____
7. _____
8. _____

Healthful Snacking

9. _____
10. _____
11. _____
12. _____

Eating Out

13. _____
14. _____
15. _____
16. _____

Be Wise When Eating Out

Look over the take-out menus from two of your favorite restaurants and evaluate them for healthful foods. On separate paper, list a food from each part of the menu (appetizer, salad, sandwiches, entrée, beverage, dessert) that would be a wise nutritional choice. Explain your choices.

A Fitting Meal

Directions: Read each situation below the box and decide what menu might fit the situation. Write the letter of the menu in front of the appropriate situation. Then follow the directions in *Your Own Recipes*.

A Low-fat cheese and crackers	B Burrito wraps, fruit, pudding	C Low-fat yogurt with granola on top
D Casserole or chili that can be divided into small portions and reheated; salad, rolls	E Bagged salad greens, precut vegetables, precooked chicken strips	F Lasagna, garlic bread, salad, brownies

- _____ 1. You do not have much time for breakfast.
- _____ 2. You get home late and are extremely hungry for dinner. There are not any leftovers and you do not want to spend a lot of time making a meal.
- _____ 3. You have set aside some time to make a nice meal for your family.
- _____ 4. You want a snack to tide you over until it is time for dinner.
- _____ 5. Everyone in the family has a different schedule and cannot all eat together.
- _____ 6. You are tired of eating sandwiches for lunch.

Your Own Recipes

Your textbook offers several ways to organize a recipe collection. Choose one option, or make up your own, and begin collecting recipes you like. Ask family members and friends for suggestions, and look at magazines, newspapers, or Internet sites for simple, tasty dishes you can make. Choose at least eight recipes to get your collection started. Describe your beginning recipe collection and method of organization to the class.