

Study Guide

Meal Planning

Directions: Read chapter 16, and answer the following questions. Later, you can use this study guide to review.

1. What does it mean to have multiple roles in a person's life?

2. Describe other resources that families can use when planning and preparing meals.

3. What is a budget?

4. In addition to limits on income, list three factors that determine how much a family spends on food.

5. In preparation for making a food budget, describe the best way for a family to determine how much they spend on food.

6. Identify four strategies a family may use to cut their food costs.

7. Why is the federal government interested in people's health?

8. Name the major programs developed to provide food assistance.

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Chapter 16 Study Guide (continued)

9. Name at least two advantages of cooking from scratch.

10. Name two advantages of using convenience foods.

11. List four disadvantages of convenience foods.

12. Give an example of speed-scratch cooking.

13. Name four tips to help families eat home-cooked meals more often.

14. How can a “breakfast bar” help families eat quick breakfasts?

15. What are the complementary principles to consider when planning appealing meals?

16. List two advantages of weekly meal planning.

17. Name three challenges of meal planning for one.

Activity 1

Meal Planning

Meal-Planning Challenges

Directions: Help these people solve their meal-planning challenges with ideas from the textbook. Read each situation. Using what you have learned, give one suggestion to help the people meet their challenges.

1. Joan's husband was called to active National Guard duty for six months. She has become frustrated trying to cook dinner for one. Each night she ends up throwing food away.

2. When Anita arrived home, she found that her husband was already there with two friends he had brought home for dinner.

3. Everyone in the Chang household is on the run. No one seems to have time to cook. Everyone is very tired of take-out foods and restaurants.

4. Simon loves to cook but only has time to cook on weekends. During the week, he gets tired of eating out.

Activity 2

Meal Planning

Planning a Lunch Budget

Directions: One of the first steps in creating a budget is to keep track of how you are currently spending your money. For one week, keep track of what you spend for lunch and what you buy. If you bring lunch from home, estimate the cost of each item. If you buy lunch at school or eat out, keep track of every cent. Then answer the questions that follow.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

1. Add up what you spent each day, and divide by seven to find out your average daily lunch cost.

2. What could you do to lower the cost? _____

3. What could you do to improve the nutrition? _____

