

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 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:
