

Activity 118

Meal Appeal

Directions: Complete the concept map on how to plan and serve appealing, interesting meals. Use terms and phrases from your textbook.

To Plan Appealing Meals...

1. Include a _____ of foods in each meal.

2. Choose foods that have different

_____,
which means
the way the
food feels when
it is eaten.

_____ and _____,
such as long, thin
carrot sticks and
round potatoes.

_____,
such as hot beef
stew with a
chilled fruit
salad.

_____,
such as red
tomatoes with
green peppers, or
use a food or
seasoning called a
_____ to
decorate the food.

_____,
such as spicy
tacos paired
with creamy
guacamole.