

Activity 119

Plan for Variety

Directions: Evaluate the following menus for one full day's meals, and explain why each menu lacks variety. Rewrite each menu to include greater variety and make the meal more appealing. Then, to the left of each food item in the original menu, write a number to identify the food group to which it belongs (see key below). Some foods belong to more than one group.

Menu	Reason Menu Lacks Variety	Revised Menu
Morning Melon balls Sausage patties Whole-wheat pancakes Milk		
Noon Cream of mushroom soup Peanut butter sandwich Green peas Vanilla pudding Milk		
Evening Broiled fish Buttered cauliflower Baked potato Applesauce Roll Milk		

1. Grain Group
2. Vegetable Group
3. Fruit Group
4. Milk Group
5. Meat & Beans Group