

PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS

Planning Food to Meet Nutritional Needs

Grade Levels: 7-12

Concept: Meal Planning/Management

Comprehensive Standard: 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

Technical Standard(s): 6.3.2 Select, store, prepare and serve nutritious and aesthetically pleasing foods that meet the health and wellness needs of family members based on available resources

LESSON COMPETENCIES

- ? Plan meals following the Food Guide Pyramid and the Dietary Guidelines for Americans
- ? Plan meals that are nutritious and appealing
- ? Identify other factors that individuals and families must consider when making meal plans.

Anticipated Behavioral Outcomes

- ? Students plan nutritious and appealing meals when eating at home or selecting foods away from home.

Resources Needed:

- Food Guide Pyramid poster, brochures or printed reference
- Copies of handouts for all students

References for teachers and students:

Byrd-Bredbenner, C. (2003). Adventures in Food and Nutrition. Goodheart-Willcox Publishing, Tinley Park, IL www.goodheartwillcox.com Chapter 11, What's on the Menu?

Background Information:

The Food Guide Pyramid and the Dietary Guidelines are important tools to assist us when planning meals. However, there are many other factors that need to be considered to plan meals appropriate and appealing for everyone who will be eating.

When planning meals, you need to consider the following:

- Who will be eating? (ages, special diets, food allergies, etc.)
- When will you be eating?
- Where will you be eating? (family kitchen, picnic in park, camper, etc.)
- What foods do you have available or could have available?(seasonal foods, what foods you have on hand, etc.)
- Why are you eating? (to celebrate a birthday? A family supper?)

Meals should also be planned considering:

1. Variety of
 - colors
 - shapes and sizes
 - temperatures
 - flavors
 - textures
 - preparation methods
2. Equipment and facilities available
3. Skills of individual preparing the food
4. Time available
5. Nutrition (using the Food Guide Pyramid and Dietary Guidelines)
6. Budget
7. Family Values (economy, health, home-prepared food, etc.)

Learning Activities:

Middle School Level

- ? Using paper plates and the food models or laminated pictures of food, arrange the foods on a plate as they would be served together at a meal. Plan two meal plans which show a contrast in each of the following areas:
 - **color** (For example, Meal Plan 1 – Baked Halibut, Mashed Potatoes with Butter, Cauliflower, Pear Sauce, White Bread and Milk and Meal Plan 2 – Pork Chop, Baked Potato with Sour Cream & Chives, Green Beans, Sliced Strawberries, Whole Wheat Dinner Roll and Milk
 - **texture**
 - **taste/flavors**
- Discuss the following with students:**
 - Which of these 2 meals looks more appealing? Why?
 - How does the appearance of a meal impact your response to it?
 - Do both meals have foods from each of the 5 food groups in the Food Guide Pyramid? Name which food fits into each group.
 - In addition to selecting foods using the Food Guide Pyramid, what other factors should be considered when planning a meal? List responses on the board and discuss. Guide discussion to include factors discussed in the background information
- ? Become “*Diet Designer*”. Develop a meal plan for your family for one day considering all factors discussed by completing the *Diet Designer* activity.

High School Level

- ? Modify an existing menu to meet the special needs of individuals by completing the *Menu Makeover* activity.
- ? Using an assigned budget for a family, plan 3 days of menus that fit within the assigned budget. Use a variety of income levels by referring to the information in Unit 1 on Food Security/Hunger.

Extended Learning Activities

***School Menu Plans** – Meet with the cooks in your school and interview them. Ask what factors they need to consider when making meal plans for a school week. Ask what government guidelines they are required to consider, etc. Ask if you could help plan the menus for one week by meeting with them.