Chapter 10
Meal Management

Meal planning is an important part of creating a healthy meal. You may do a lot of planning for special meals like birthdays and holiday dinners. But it is easy to forget to plan everyday meals. Try planning weekly meals to help your family make healthy choices, spend less money and save time at the grocery store. In this chapter, you will learn how to plan a healthy meal.

Enjoy making smart meal choices!

Hands-On Lessons:

Menu Madness 122
Money Matters 123
Try this at Home: My Menu 125

Nutritious and Delicious 126
Let's do Lunch 127
Try this at Home: Magnificent Menu 130

Proficiency Questions 131

Menu Madness

Did you know meal planning starts with the menu?

Before you can cook for your family, you must plan the menu. The ***menu*** is a list of foods that will be served at one meal. First, decide what meal you'll be serving (breakfast, lunch or dinner) and how many people you are planning to serve. Then decide how much money you want to spend on the meal.

Next, it is time to start choosing foods and recipes. Pick foods from most or all of the major ***food groups***. The food groups include ***grains***, ***vegetables***, ***fruits***, ***dairy,*** and ***protein foods***. Be sure the foods look and taste good together. Some foods cost more than others; only pick foods that fit your spending plan. Finally, think about foods your family will enjoy.

Once your menu is planned, get ready to shop. Use your menu and recipes to make a list of ingredients and kitchen tools you'll need. Check the refrigerator, pantry and cupboards to see what foods and tools you already have. At the store, look for sales and remember your food safety (don't buy dented cans). After shopping, it is time have fun cooking and serving your meal!

Doodle Bugs

In the reading, circle the name of the list of foods that will be served at one meal.

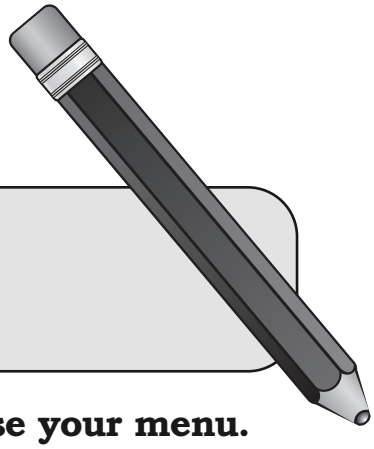
Underline the five food groups.

Read the menu below. What food group is this meal missing? _____

Menu: Tuna salad, Whole wheat bread, Tomato slices, Lettuce leaves, Grapes

SCIENTIFIC INQUIRY:

Money Matters



You will need:

Pencil

You are planning a meal for five people. Choose your menu.

1. Circle one food from each food group list. You may or may not choose an item from the "other foods" list.
2. Record the food and price in the table on the next page.
3. Decide the number of servings you will need to feed five people. (To serve everyone one serving you would need five servings total.)
4. Multiply the prices by the number of servings you need to feed five people.
5. Calculate the total cost for each food.
6. Add up the total cost of the meal.

Protein Foods	**Grains**	**Vegetables** (non-starchy)
2-ounces grilled chicken breast = $0.42	5 whole grain crackers = $0.46	1 cup green salad = $0.60
2-ounces chicken salad = $0.36	1 slice of whole wheat bread = $0.10	1/2 cup baby carrots = $0.45
2 tablespoons peanut butter = $0.10	1/2 cup pasta with spaghetti sauce = $0.28	1/2 cup cooked, frozen green beans = $0.17

Fruits	**Dairy**	**Other Foods**
1/2 cup canned peaches = $0.34	1 cup skim milk = $0.20	1 tablespoon grape jelly = $0.14
1 small apple = $0.40	1 cup 1% chocolate milk = $0.20	1 raisin oatmeal cookie = $0.20
1/2 cup grapes = $0.35	1 cup yogurt = $0.59	2 tablespoons salad dressing = $0.19

SCIENTIFIC INQUIRY:

Money Matters (continued)

My Menu

Food Group	Food	Price Per Serving	Servings for Five People	Total Cost
Protein Foods				
Grains				
Vegetables				
Fruits				
Dairy				
Other Foods				
Other Foods				
Total cost of five meals				

How much will one meal cost? (Show your work.)

Did one meal cost more or less than $1.50? More than Less than

Challenge:

Plan a healthy menu that costs $1.50 or less for one meal. (If you already did, try planning a second menu for less than $1.50 for one meal.)

Food Group	Food	Price Per Serving	Servings for Five People	Total Cost
Protein Foods				
Grains				
Vegetables				
Fruits				
Dairy				
Other Foods				
Other Foods				
Total cost of five meals				

TRY THIS AT HOME:

My Menu

Try planning your own menu!

Select a Meal: Breakfast Lunch Dinner

Guest List:

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Menu:

Protein Foods: _____ Grains: _____

Vegetables: _____ Fruits: _____

Dairy: _____ Other: _____

Shopping List: (Select recipes and then use them to make a shopping list)

Foods/Ingredients Needed	Kitchen Tools Needed

Fun Fact

Choosing a recipe is a key step for meal planning. Look for healthy recipes that call for baked or grilled meats and include vegetables and whole grains. You can make some of your favorite recipes healthier by using low-fat cheeses, skim milk and lean meats. You can also try substituting regular pasta and rice with whole grain pasta and rice, and adding extra veggies to casserole dishes.

Nutritious and Delicious

Did you know it is important to eat a healthy breakfast, lunch and dinner?

You can't get everything you need to stay healthy from just one meal. To be healthy and to have enough energy to learn and play, you need several healthy meals a day. When planning meals think about breakfast, lunch, dinner and snacks.

Each day you should eat 6 ounces of grains, 2 1/2 cups of vegetables, 1 1/2 cups of fruits, 3 cups of milk and 5 ounces of meat and beans. You also need a little fat too. You can easily get your 5 teaspoons of oil a day from eating fish, nuts and foods cooked with vegetable oils.

Try making half of your grains whole grains like whole wheat bread. Eat a lot of different vegetables like orange vegetables and dark green vegetables. Be sure to eat whole fruits more often than fruit juice. If you choose juice, make sure its 100% fruit juice.

Look for low-fat options when choosing foods from the dairy and the protein foods groups. Skim milk, low-fat cheese and low-fat yogurt are all great choices. Eat meats that are grilled or baked, instead of fried. Remember that fish is good for your heart and counts towards your 5 ounces of protein a day!

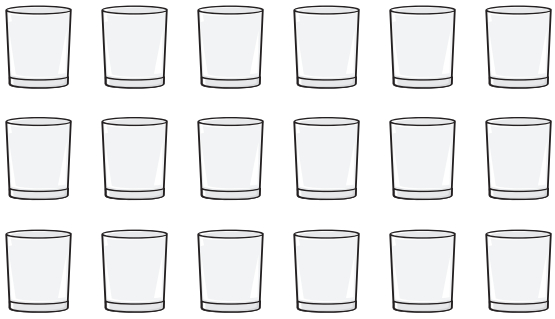
Some foods like soda, candy bars, cookies, cakes and potato chips don't fit in any food group. Try to eat less of these foods.

DOODLE BUGS

Color the number of cups of vegetables you need to eat every day.

Color the number of cups of milk you need to drink a day.

Color the number of glasses of soft-drinks you need to drink a day.



SCIENTIFIC INQUIRY:

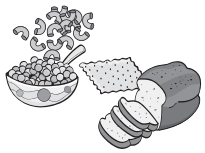
Let's Do Lunch

You will need:

1 plate
1 cup
1 slice 100% whole wheat bread
1 slice of turkey lunchmeat
1 slice cheddar cheese
1/2 cup of baby carrots
1 ounce of mini pretzels
1 cup water

Optional: Light mayonnaise, mustard, 1 leaf lettuce, table knife

Kids' Balanced Diet Recommendations

Food Group	Amount	Examples	
Protein Foods	5 ounces daily		1 ounce = 1 egg, 1 tablespoon of peanut butter, 1/4 cup of beans, 1 ounce of meat or 1 slice of lunchmeat
Grains	5-6 ounces 3 ounces whole grains		1 ounce = 1 slice of bread, 1/2 cup of dry pasta or cooked oatmeal, or 1 cup of cereal
Vegetables	2 cups girls 2 1/2 cups boys		1/2 cup = 1/2 cup of raw or cooked vegetables or 1 cup of leafy green vegetables
Fruits	2 1/2 cups daily		1/2 cup = 1/2 cup of canned fruit or 1 small piece of fruit (like a small orange or peach)
Dairy	3 cups daily (2 cups under 8 age)		1 cup = 1 cup of milk or yogurt, 2 slices hard cheese or 3 slices of processed cheese

SCIENTIFIC INQUIRY:

Let's Do Lunch (continued)

1. Read the Kids' Balanced Diet Recommendations to learn more about the five food groups and serving sizes.

2. Make a turkey sandwich:
   - Lay one slice of bread on your plate.
   - Optional: Spread light mayonnaise or mustard on your bread.
   - Place a slice of deli turkey meat on top of your bread.
   - Place a slice of cheese on top of the turkey.
   - Optional: Place a leaf of lettuce on top.
   - Fold your sandwich in half.

3. Measure 1/2 cup of carrots and place them on your plate.

4. Measure 1 ounce of pretzels and place them on your plate.

5. Measure 1 cup of water.

Write the foods from your lunch (whole wheat bread, turkey, cheddar cheese, baby carrots, and pretzels) next to the correct food group. Then write the amount of each food in ounces or cups in the table too. (Use the MyPyramid for Kids Recommendations to help you.)

Food Group	Food Name	Amount (cups or ounces)
Grains (ounces)		
Vegetables (cups)		
Fruits (cups)		
Dairy (cups)		
Protein Foods (ounces)		

Look at the meal you made:

1. Do you think you made a healthy meal? Yes No

Why or why not?

2. Are you missing foods from any food group? Yes No

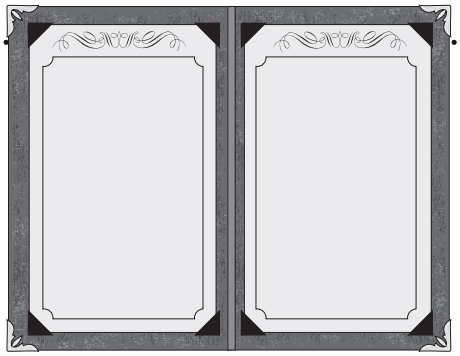
If so, which group and what food could you add to your lunch from that group?

3. If you ate this lunch plus 1 cup of cereal and 1 cup of milk for breakfast...

a. How many total ounces of grains would you haven eaten?

b. How many more ounces of grains would you need to eat today?

c. How many more cups from the dairy group would you need to eat today?



TRY THIS AT HOME:

Magnificent Menu

Can you plan a lunch or dinner menu using FoodMASTER recipes?

Try planning a lunch or dinner menu using the recipes you've learned from FoodMASTER. Circle one item from each food group. Try to make sure your menu has a variety of shapes, colors, textures and tastes. Be sure to choose foods that will taste good together and that your guests will enjoy. Then have an adult help you make your meal. Enjoy planning and preparing your meal!

Protein Foods
Super Salmon Patty (Chapter 6)
Meatballs (Chapter 9 – Snazzy Spaghetti and Meatballs)
Grilled Chicken
O-mazing Puffy Omelet Squares (Chapter 7)

Grains
Brown Rice Casserole (Chapter 9)
Whole Grain Spaghetti (Chapter 9)
Hamburger Rolls
Whole Wheat Toast

Vegetables
Copious Carrots (Chapter 3)
Ants on a Log (Chapter 3)
Salad

Fruits
Fruity-licious Pops (Chapter 4)
Fruity Fusion (Chapter 4)
Fresh Fruit

Dairy
Bananas and Milk (Chapter 5)
Cottage Cheese and Lime Jello (Chapter 5)
Milk
Yogurt

Fun Fact

A well balanced healthy meal will include foods from most or all of the food groups. It is recommended to eat 5-6 ounces of grains, 2-2 1/2 cups of vegetables, 1 1/2 cups of fruits, 3 cups of dairy and 5 ounces of protein foods each day. Try choosing 3 ounces of whole grains a day and eating a variety of vegetables and fruits. Be sure to choose low-fat milk and lean meats more often too.

Proficiency Questions

Circle the best answer:

1. What is a menu?
a. a list of the five food groups
b. a list of equipment
c. a list of men invited for a meal
d. a list of foods to be served at one meal.

2. You buy an apple, a burrito and a cup of milk for lunch. How much does your lunch cost? (Use the table below to help you answer the question.)
a. $1.60
b. $2.25
c. $2.95
d. $6.75

Food	Price
Apple	$0.60
Milk (1 cup)	$0.35
Burrito	$2.00

3. How many cups of vegetables should you eat everyday?
a. 1 cup
b. 2-2 1/2 cups
c. 3 cups
d. 4 1/2 cups

4. What are the major food groups?
a. grains, vegetables, fruits, dairy and protein foods
b. grains, vegetables, dairy and meat
c. grains, vegetables, eggs, dairy and meat
d. grains, fruits & nuts, milk, and meat & beans.