

BREAKFAST EVALUATION

Name _____ Period ____ Assign #

Directions: As you complete your final project meal answer the following questions.

MENU:

1. Do you feel that your menu would be an adequate breakfast? Explain using either your own recommendations from MyPyramid or a 2,000 calorie/day plan from MyPyramid
2. Is this menu a traditional breakfast menu? Why or why not?
3. What major nutrients does this menu supply?
4. Is this menu a filling breakfast? Why or why not?
5. How long did it take to prepare this breakfast?