

MENU ANALYSIS

Name _____ Period _____ Assign # _____

Plan a menu for a simple lunch. Your menu should include at least one food from each of the Food Groups identified by MyPyramid. It should also include some variety in color, size and shape, texture, flavor, temperature, and preparation method.

After planning the menu, complete charts below. List each food item and draw a line connecting it to its place in MyPyramid. Then list foods in the menu that give you:

Texture:

Color:

Flavor:

Variety in Shape:

Write Menu Here:



List individual foods here and connect to its place on MyPyramid