**MEAL PLANNING FOR THE FAMILY**

**STUDY GUIDE**

**Name:\_\_\_KEY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_**

1. Meal Planning Elements
	1. *Dietary Guidelines*
	2. *MyPlate Recommendations*
	3. *Nutritional Balance*
	4. *Color*
	5. *Texture*
	6. *Size and Shape*
	7. *Flavor*
	8. *Temperature*
	9. *Heavy/Light*
2. Parts of a Meal
	1. *Appetizers*
	2. *Main Dish*
	3. *Accompaniments*
	4. *Salad*
	5. *Dessert*
3. Differences Between Families
	1. *Family Size*
	2. *Age*
	3. *Activity Level*
	4. *Food Preferences*
	5. *Time*
	6. *Special Diets*
	7. *Food Budget*
4. Meal Management Resource Skills
	1. *Time Management*
		1. *Organize kitchen*
		2. *Assemble all ingredients*
		3. *Dovetail – work on several items at the same time*
		4. *Clean up as you go*
		5. *Shopping Strategies*
		6. *Preparing larger quantities of food*
	2. *Cost of Convenient Foods*
		1. *May increase expense and lower quality*
		2. *Time saved may be of greater value*
	3. *Shopping Tips*
		1. *Fruits and vegetables in season are generally at their lowest price.*
		2. *Plan menu around grocery ads.*
		3. *Make a weekly menu plan.*
		4. *Make a list and use it.*