**C:\Users\Vikki\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ZYYB63TX\CABH0VKN.wmfMEAL 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.*