

Meal Planning Lecture

Summary

Students will be introduced to the various elements needed when planning a suitable meal for their family.

Main Core Tie

Dietetics and Nutrition 1

[Strand 3 Standard 2](#)

Additional Core Ties

Dietetics and Nutrition 1

[Strand 3 Standard 1](#)

Time Frame

1 class periods of 70 minutes each

Group Size

Individual

Life Skills

Thinking & Reasoning

Materials

- Bell Ringer Cards for each student
- Meal Planning for the Family PowerPoint Presentation
- Meal Planning for the Family Study Guide
- Family Food Profile
- Home Cooking Assignment #2

Intended Learning Outcomes

Students will be able to identify quality meal planning elements, incorporate current Dietary Guidelines and MyPlate recommendations when planning a meal, plan and prepare a meal incorporating guidelines learned in class, and incorporate food costs as part of meal planning.

Instructional Procedures

Teacher and student step-by-step instructions are found below in the "Meal Planning Lecture Lesson Plan" attachment.

Assessment Plan

Instruct the students to fill out the study guide throughout the lecture today. Encourage discussion and answer any questions the students may have throughout the lesson. At the end of class, have the students keep their study guides to prepare for the upcoming test.

There will be two homework assignments given today.

Hand out the FAMILY FOOD PROFILE packet to the students. Read through and explain how to complete the assignment. Stress to the students that they are not to cook for this assignment. They just need to complete the packet and turn it in for a grade.

Hand out the HOME COOKING ASSIGNMENT #2 worksheet to the students. They are to plan, prepare, evaluate and serve an aesthetically pleasing meal for their family. Remind them to take a picture of their completed meal and turn that in with their worksheet.

Bibliography

[Foods and Nutrition II Curriculum Guide](#)

from the Utah State Office of Education

Authors

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