Meal Evaluation

**Direction**s- Write in your meal in the box below. Consider how well your meal meets the statements below. Rate each item on a scale form 5 (excellent) to 1 (poor). Place a check mark in the number box that represents your rating for each standard. Add the check numbers to get your meal score.

|  |
| --- |
| **Meal** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **5** | **4** | **3** | **2** | **1** |
| **Nutrition**- the meal is well balanced; contains foods from all food groups. The foods chosen are low in fat, sugar, and sodium. |  |  |  |  |  |
| **Flavor**- the meal contains a variety of flavors. |  |  |  |  |  |
| **Color**- the meal contains a pleasing variety of colors. |  |  |  |  |  |
| **Texture**- The meal contains a mixture of textures. |  |  |  |  |  |
| **Temperature**- the meal contains a variety of temperatures and is suitable for event. |  |  |  |  |  |
| **Size and Shape**- the meal contains foods cut in a variety of sizes and shapes. |  |  |  |  |  |

Menu Score:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rating Scale:

27-30 A well planned meal

23-26 Needs a bit of improvement

18-22 An average meal that lacks appeal

13-17 Needs a lot of improvement

12 or below Meal needs be revised