**Meal Planning Project**

**Task:** Students will plan a nutritious, well-balanced, and appealing meal.

**Steps to accomplish task:**

1. With your assigned group, discuss and determine your meal- read the following considerations and tips for your meal

**When planning meals, you need to consider the following:**

* Food preferences- likes and dislikes of members in your group
* Nutrition- should be nutritious, healthy, well-balanced- include all food groups
* Special Diets- food allergies, ages of people eating, special diets- diabetic, athletes, etc.
* Type of meal- when you are eating, lighter meal/ main meal, occasion
* Resources- time available/schedules, energy, money, available foods, kitchen skills, kitchen equipment
* Variety of colors, shapes/sizes, temperatures, flavors, textures, preparation methods

**Tips for Planning a Meal:**

* Check what is on sale in grocery ads and plan your meals around those items
* Consider your budget
* Make sure you are capable of performing the kitchen skills required and have all the kitchen equipment your need
* What’s in your pantry? Utilize the foods you have already to cut down on cost.
* Favorites or likes and dislikes. Consider what you family or friends like to eat.
* Seasonal produce. Fruits and vegetables that are in season not only are they a better buy but taste better.
* Shake things up! Have fun with meal planning and try different recipes.
* Use color as a key. The more color on your plate; the better balanced your meal.
* Balance temperature. Hot foods, cold foods, and room temperature foods not only ensure that you are serving a variety of foods, but also make a more interesting meal.
* Balance texture. No one likes a meal made of all soft foods or all crunchy ones- add different textures.
* Variety! The most important meal planning tip of all: eat a variety of foods to ensure you are getting a well-balanced diet. Not to mention, it would get boring eating the same foods every day.

1. Determine meal and find recipes.
2. After determining meal and getting recipes, you need to create a PowerPoint Presentation including the following slides describing you meal (you will not need to present the PowerPoint) The bold words are the headings for each slide
   1. Title Slide- Include Meal Planning Project, Names, and design/graphic related to project
   2. **Meal**- list your meal (meal needs to be nutritious and well-balanced- including foods from all food groups)
   3. **Meal Description**- Who will be eating, when you will be eating, where you will be eating, and why you are eating (this can be a pretend situation to meet you meal selection and to meet your considerations)
   4. **Special Meal Considerations**- list/explain your meal considerations (allergies, likes/dislikes, time, cost, availability, etc.)
   5. **Meal Tips**- explain what meal tips you followed for planning a meal (tips are listed above)
   6. **Meal Breakdown**- choosemyplate.gov and enter your foods from your meal in the menu planner- copy and paste graph of intake of food groups (doesn’t need to be 100% for each food group because this is for 1 meal not a menu for a day- your meal should include servings of each food group to make your meal well-balanced)
   7. **Meal Variety**- explanation on how your meal has variety of color, textures, shapes/sizes, and flavors
   8. **Recipes** (1 recipe per slide) may need to use more than 1 slide for all things included in your meal
   9. **Grocery List**- list all items needed to prepare the meal
   10. **Equipment Needed**- list all utensils and equipment needed
3. Complete Meal Evaluation- attached
4. Complete Meal Planning Project Reflection Questions- attached

**Compile your project in the following order and staple together-**

1. PowerPoint Presentation Handout- don’t print off each individual slide. To print handout, don’t click on quick print, go to print menu and in the drop box that says slides select HANDOUT, then print
2. Meal Evaluation Sheet- attached to course webpage under document links
3. Reflection Questions- attached to course webpage under document links