

Activity Sheet 3 for “Feed Your Family of Four for \$4 a Day” — Menu Planning

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Name: _____

For this exercise, you will plan a 1500 calorie menu for a full day's worth of meals.

1. To plan a nutritionally sound menu, you need to know what foods belong in each food group. Match the foods listed in the outer columns with the food groups listed in the center column.

oatmeal	Starch	yogurt
eggs		steak
milk		couscous
rice		sweet potato
tomato	Vegetable	plums
nuts		lettuce
apples		noodles
potatoes		chicken
corn		peppers
cheese	Fruit	onions
cucumber		grapes
pork		carrots
bread		grits
hamburger	Meat	cream of wheat
oranges		cereal
green beans		beans
	Milk	

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Here is an example meal plan chart. You will fill in a similar chart with the number of servings for each meal.

1500 Calorie Menu Plan

Time	Starch	Vegetable	Fruit	Meat	Milk
Breakfast	2		1	1	1
Snack	1		1		
Lunch	2	1	1	1	2
Snack		1			1
Dinner	2	2	1	2	
Snack			1	1	

2. The numbers in the planning chart indicate the number of servings from each food group which should be included in a particular meal. For example, the breakfast meal from the example chart would consist of:

- 2 servings from the Starch group
- 1 serving from the Fruit group
- 1 serving from the Meat group
- 1 serving from the Milk group

List a menu that supplies a breakfast which meets the above meal plan:

3. Devise a menu plan for the lunch and dinner based on the example chart. Fill in the number of servings for each group. Then write down foods from each group to make a meal. Remember, servings can be from more than one food group. In the breakfast example above, the two servings from the Starch group could be met by one piece of toast and one serving of cereal.

Lunch:

#	Food
___	Starch _____
___	Veg _____
___	Meat _____
___	Milk _____
___	Fruit _____

Dinner:

#	Food
___	Starch _____
___	Veg _____
___	Meat _____
___	Milk _____
___	Fruit _____

4. Fill in the 1500 calorie menu plan below by indicating the number of servings from each food group to be served. Think about what would make a meal (for instance 2 slices of bread for a sandwich which is 2 servings from the Starch group). Use:

- 7 Bread group servings
- 5 Fruit group servings
- 4 Milk group servings

- 4 Vegetable group servings
- 5 Meat group servings

1500 Calorie Menu Plan

Time	Starch	Vegetable	Fruit	Meat	Milk
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					

5. You can use the same menu plan everyday and still have varied meals by choosing different foods to meet the requirements. Based on the Menu Plan you just made, write out a menu for the next two days.

Day 1

Breakfast _____

 Morning Snack _____
 Lunch _____

 Afternoon Snack _____
 Dinner _____

 Evening Snack _____

Day 2

Breakfast _____

 Morning Snack _____
 Lunch _____

 Afternoon Snack _____
 Dinner _____

 Evening Snack _____