Meal Planning

Food for Life Textbook

1. What is the difference between meal planning and menu planning?
2. Why should you plan your meals?
3. Does the main cooker/shopper plan your meals in your household? How do you know?
4. If you were planning a meal (just for yourself) to meet sufficient nutrients, what should you include from each food group? (see page 25)
5. Consider your activity level and gender. How would your plate of food look different than someone of the opposite activity level and gender? Give specific examples of food that would be on the plates.
6. Thinking about food that is cooked at home – does your family have a food budget? How can you tell?
7. How does your family use leftovers?
8. Using page 30 for help – think about your meals today (breakfast, lunch and dinner). How did you decide what to have? Did they meet the main considerations?
9. What are the 6 things to consider when combining foods for a meal?
10. Think of one of your favourite meals to have – give examples of how you think the 6 elements to consider when combining food for a meal impact your food.