

ACTIVITY #7: PLANNING THE MEALS FOR ONE DAY /50

REFERENCE: MEAL PLANNING REVIEW - MEAL PLANNING FOR ENJOYMENT FILE

Plan a nutritious breakfast, lunch and dinner that include the elements of meal planning and meet CFG. The assignment must meet the following criteria:

1. **MENU (10 marks)** - follow proper format listing foods in the order they will be eaten; four food groups; elements of meal planning. * **menus must be approved before completing assignment.**
2. **COPIES OF RECIPES (10 marks)**
 - must contain list of ingredients as well as cooking instructions
 - must have both metric as well as imperial measures
 - may be photocopied or may use personal cookbooks/internet print-offs.
3. **CANADA'S FOOD GUIDE (10 marks)**
 - must prepare a chart and show how the meals have met CFG, for your age.
 - provide a summary paragraph stating if the meals met CFG and where you could improve the nutrition or where there are weaknesses.
4. **DIAGRAM OF PLACE SETTINGS (10 marks)**

Include a diagram of the place setting or table cover for each meal. Can be hand drawn or computer generated, or use magazine pictures. Indicate the cutlery and dishes you will be using.
5. **PRESENTATION (10 marks)**

Overall appearance and comprehensive report to include pictures and descriptions. Neatness and spelling will count. Use a computer if accessible. Use magazine pictures to supplement your menus or computer pictures. Prepare a cover page and list of resources used.