TIME MANAGEMENT & MEAL PLANNING NOTES

1**. Time Management**

**MEAL PLANNING**

**A good meal will follow this plan:**

1.

2.

3.

4.

**AESTHETIC GUIDELINES:**

A.

B.

C.

D.

E.

**What is wrong with the following menu?**

Breakfast: Milk Lunch: Chili Dinner: A hamburger

Cornflakes Crackers French Fries

Sliced Bananas Apple Milk Shake

Toast Water

|  |  |
| --- | --- |
| What is wrong?  BREAKFAST=  LUNCH=  DINNER= | How would you change it?  BREAKFAST=  LUNCH=  DINNER= |

Create a menu (Breakfast, Lunch, and Dinner) that follows the guidelines discussed. Justify each of the 6 areas of aesthetics and how the meal follows the dietary guidelines and MyPlate.

|  |  |
| --- | --- |
| BREAKFAST  http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green_dairy.jpg | COLOR  TEXTURE  SIZE/SHAPE  FLAVOR  TEMPERATURE  GUIDELINES/MYPLATE |
| LUNCH  http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green_dairy.jpg | COLOR  TEXTURE  SIZE/SHAPE  FLAVOR  TEMPERATURE  GUIDELINES/MYPLATE |
| DINNER  http://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green_dairy.jpg | COLOR  TEXTURE  SIZE/SHAPE  FLAVOR  TEMPERATURE  GUIDELINES/MYPLATE |