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.

|  |  |
| --- | --- |
| BREAKFASThttp://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green_dairy.jpg | COLORTEXTURESIZE/SHAPEFLAVORTEMPERATUREGUIDELINES/MYPLATE |
| LUNCHhttp://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green_dairy.jpg | COLORTEXTURESIZE/SHAPEFLAVORTEMPERATUREGUIDELINES/MYPLATE |
| DINNERhttp://www.choosemyplate.gov/images/MyPlateImages/JPG/myplate_green_dairy.jpg | COLORTEXTURESIZE/SHAPEFLAVORTEMPERATUREGUIDELINES/MYPLATE |