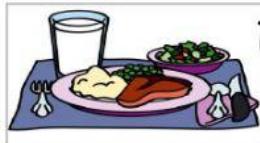


Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Factors Affecting Meal Planning

Match the following words in column A to its corresponding description in column B.

### Column A

1. Budget
2. Texture
3. Lacto-Ovo
4. Nutrients
5. Iron
6. Colors
7. Sedentary
8. Protein
9. Pescatarian
10. Manual
11. Calcium
12. Vegan

### Column B

\_\_\_\_\_ Type of vegetarian who drinks milk and eats egg.

\_\_\_\_\_ Meals should contain a variety of \_\_\_\_\_ as well as sizes and shapes to make it more aesthetically pleasing.

\_\_\_\_\_ Someone who needs more calories and salt in their diet than the average person.

\_\_\_\_\_ Toddlers and adolescents need a lot of \_\_\_\_\_ in their diets to help with rapid growth.

\_\_\_\_\_ Type of vegetarian who eats fish, eggs, and dairy.

\_\_\_\_\_ Foods purchased should be economical or within ones' \_\_\_\_\_.

\_\_\_\_\_ Type of vegetarian who only consume vegetables.

\_\_\_\_\_ A worker who should consumer a reduced amount of calories.

\_\_\_\_\_ The way food feels in the moth refers to the \_\_\_\_\_ of food.

\_\_\_\_\_ Pregnant women should consume foods rich in \_\_\_\_\_ to aid in forming the fetus blood supply.

\_\_\_\_\_ Balanced meals should contain a variety of \_\_\_\_\_.

\_\_\_\_\_ A person recovering from a broken bone will need foods rich in \_\_\_\_\_.