

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

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

Topic: Meal Planning

Grade 8



Match the meal planning terms with the correct meaning.

- |                  |       |   |
|------------------|-------|---|
| 1. Diet          | _____ | a meal served between 6-9 am                          |
| 2. Supper        | _____ | a meal that consist of food from various food groups. |
| 3. Dinner        | _____ | a sweet dish eaten at the end of your meal.           |
| 4. Breakfast     | _____ | a meal eaten just before bedtime.                     |
| 5. Balanced Meal | _____ | food that you eat every day                           |
| 6. Dessert       | _____ | a meal served between 7-9 pm                          |

Name four factors to consider when planning meals.

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_