

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. _____