

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

Gr: \_\_\_\_\_ **Meal Planning**



Section A – Fill in the blank spacea with the appropriate word.

1. Appetizer \_\_\_\_\_ A unit of energy, used to measure energy obtained from food
2. Family Style Service \_\_\_\_\_ A sweet course eaten at the end of a meal
3. Breakfast \_\_\_\_\_ Food is displayed on food table, then come and serve themselves
4. Meal \_\_\_\_\_ Evening meal including light items such as sandwiches, or casserole
5. Main Course \_\_\_\_\_ Large serving dishes are used and seated individuals serve themselves
6. Dessert \_\_\_\_\_ A number of dishes served together
7. Buffet Service \_\_\_\_\_ Combination of food cook or mixed together to form one item
8. Calorie \_\_\_\_\_ The food a person eats of a daily basis
9. Dish \_\_\_\_\_ Food is taken up in the kitchen and then served to the table
10. Diet \_\_\_\_\_ A small tidbit of food eaten before the meal
11. Supper \_\_\_\_\_ The protein dish, starch dish, cooked and raw vegetable dish
12. Plate Service \_\_\_\_\_ Provides the body energy to needed until the midday meal

Section B – Complete the table by filling each blank with an appropriate answer. [8]

Type of Meal	2 Course Meal	_____	_____
	_____	_____	Onion Rings
	***	Conch & Rice	***
	Baked Chicken Wings	Toss Salad	Oven Fried Chicken
	_____	***	Scalloped Potatoes
	Honey Glazed Carrots	_____	***
	***		_____
	Pink Lemonade		***
			Raspberry Fizz

