

Name: _____

Gr: _____ Meal Planning



Section A – Fill in the blank space 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 ***
	*** Baked Chicken Wings	Conch & Rice Toss Salad ***	Oven Fried Chicken Scalloped Potatoes
	_____ Honey Glazed Carrots ***	_____	***
	Pink Lemonade		*** Raspberry Fizz

