MEAL PLANNING/CHOOSING DISHES

Name:_____ Grade:____ Date:_____

Observe each food dish, decide whether it is a Protein Dish, Carbohydrate Dish or Non-Starchy Vegetable Dish.



Veal Chops



Grilled Lobster



Alfredo Pasta



Tossed Salad



Shrimp Scampi



Potato Wedges



Garlic Potatoes



Roasted Duck

LIVEWORKSHEETS



Corn and Potatoes



Fried Fish



Roasted Broccoli and Carrots



Coleslaw



Roasted Chicken



Baked Macaroni



Stir-Fry Vegetables



Fried Chicken

LIVEWORKSHEETS