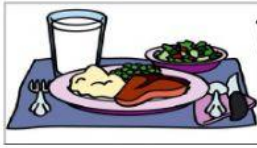


Name: _____

Date: _____



Factors Affecting Meal Planning

Match the following words in column A to its corresponding description in column B.

Column A

1. Budget
2. Texture
3. Lacto-Ovo
4. Nutrients
5. Iron
6. Colors
7. Sedentary
8. Protein
9. Pescatarian
10. Manual
11. Calcium
12. Vegan

Column B

- _____ Type of vegetarian who drinks milk and eats egg.
- _____ Meals should contain a variety of _____ as well as sizes and shapes to make it more aesthetically pleasing.
- _____ Someone who needs more calories and salt in their diet than the average person.
- _____ Toddlers and adolescents need a lot of _____ in their diets to help with rapid growth.
- _____ Type of vegetarian who eats fish, eggs, and dairy.
- _____ Foods purchased should be economical or within ones' _____.
- _____ Type of vegetarian who only consume vegetables.
- _____ A worker who should consumer a reduced amount of calories.
- _____ The way food feels in the moth refers to the _____ of food.
- _____ Pregnant women should consume foods rich in _____ to aid in forming the fetus blood supply.
- _____ Balanced meals should contain a variety of _____.
- _____ A person recovering from a broken bone will need foods rich in _____.