

**Name:**

**Date:**

**Class:**



**Section 3: Meal, Planning, Preparation and Dining**

**Topic: Meal Planning**

**Instructions:** Match the Meal Planning terms with their Definitions

1. \_\_\_\_\_ a meal that consist of foods from various food groups
2. \_\_\_\_\_ the first and most important meal of the day
3. \_\_\_\_\_ this is how a meal is divided and served at different meal times
4. \_\_\_\_\_ the food a person eats on a daily basis
5. \_\_\_\_\_ usually served in the late afternoon, early evening
6. \_\_\_\_\_ a light meal eaten after 6 p.m. or just before bedtime
7. \_\_\_\_\_ a sweet dish eaten at the end of a meal
8. \_\_\_\_\_ simple act of deliberately taking time to plan

meals for the week

9. \_\_\_\_\_ a number of dishes served together

10. \_\_\_\_\_ a combination of food – cooked or raw  
combined to form one item

**Instructions:** The following Food Groups are used to plan healthy meals.

Write the main nutrient that is found in each food group.

<b>Food Groups</b>	<b>Essential Nutrients</b>
Staples	
Food from Animals	
Legumes and Nuts	
Fruits	
Vegetables	
Fats and Oil	