

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

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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.

Food Groups	Essential Nutrients
Staples	
Food from Animals	
Legumes and Nuts	
Fruits	
Vegetables	
Fats and Oil	

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