Chapter 9         Meal Plan Management

Name:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Read pages 157 ­- 187 and answer the following questions

1.    Making a meal plan must consider the people that you are planning for.  What things must you find out about the group you are planning meals for?

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2.    (160) People can have special circumstances that mean they change their diets.  List some reasons for special diet plans and give examples of how it would change how they eat.

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3.    (163)  There are a lot of aspects to food choices in a diet.  Explain how the five listed on this page must be considered before making an effective meal plan.

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4.    What is a budget?  How would it benefit someone to develop and follow a budgeting plan before planning meals and shopping?

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5.    (167) One of the big conditions for a meal plan is the cost.  Describe some ways that you can save money as you plan your meal.

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6. We will be developing an individual meal plan very soon.  Come up with a list of meal options that you would like, divided into Breakfast, Lunch and Supper choices.

Breakfasts

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Lunches

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Suppers

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