

Teacher Guide: MEAL PLANNING

KEY MESSAGES

- Eat together as a family as often as you can. Parents serve as role models when serving nutritional foods at mealtime.
- Meals prepared at home usually have a greater variety of nutritious foods than meals eaten at restaurants.
- Children are more likely to eat the food they help plan and prepare for a meal.
- **Planning meals** and **shopping from a list** will help you manage your grocery budget.
- Plan meals using the foods you already have on hand.
- Plan meals around sales and coupons to save money.
- When eating out carefully choose a meal that contains all 5 food groups and do not overeat just because the food is available or cheap.

OBJECTIVES

Participants learn:

- the reasons meal planning is good for their health and saves money.
- how to plan meals.
- how to plan their meals when eating away from home.

Suggested teaching materials:

- samples of shopping ads and grocery coupons
- menu samples from restaurants
- Meal Planning handout

Activities

1. Plan a healthful meal that includes appearance, taste and texture. Use a menu planning sheet. Assist clients in planning meals for a day including snacks.
2. Practice healthful eating at fast-food restaurants. Have your clients plan healthful food choices at different restaurants where they eat.
3. Share ideas about making it easier for families to sit down together at mealtime.

Daily Menu

The MyPyramid suggests eating a variety of foods from all the food groups each day. Use this chart to plan a weekly menu.

WEEK DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				