



# HOME FOOD & NUTRITION AWARD



## PROJECT: MENU PLANNING

### GOALS

- A. MENU CHALLENGE:** Plan one day's worth of meals: breakfast, lunch and dinner for the family.
- B. SHOPPING CHALLENGE:** List the ingredients needed for each recipe and shop with the family.

### A. MENU CHALLENGE

Plan the menu for one day for your family.  
Think through breakfast, lunch, dinner, and snacks/desserts.

"I come from a family where gravy is considered a beverage."  
Emma Bombeck

#### Step 1—Preplan

Whether you are planning breakfast, lunch, or dinner you will need to think about what your family likes. Also, try to be well rounded in your menu items including proteins, vegetables, fruit, dairy, and grains.

#### Step 2—Plan Meals for One Day

Print out the Menu Challenge handout below. Use the different categories to help you pick what things to include in breakfast, lunch, and dinner. Be healthy and make sure you have proteins, fruits and veggies, and starches included. Be creative!

- *Breakfast Example:* Eggs, Bacon, Orange Juice
- *Lunch Example:* Turkey Sandwich, Apple, and Mango Juice
- *Dinner Example:* Hamburgers, Baked Potatoes and Carrots

"Food is our common ground, a universal experience."  
James Beard

### B. SHOPPING CHALLENGE

Make a list of the ingredients you will need for your meals and go shopping for any items needed.

#### Step 1—Write Down Your Ingredients

Your first goal is write down the ingredients on the left column of the Shopping Challenge handout. Write down the items needed for each meal. You may already have an item, but be thorough—it will keep you from forgetting something at the store!

#### Step 2—Write Out Your Master Shopping List

Once you know what items you need, look at the right-hand column in the handout and list what items you need from each department. The shopping list is organized by sections of a grocery store. That will keep you from wandering the store in circles or forgetting an item.

**Grocery Store Sections:** See below for an example of where to place each item from a meal of "Eggs, Bacon, and Orange Juice" on the Master Shopping List on handout #2.

- *Eggs*—Dairy & Refrigerated Foods on Master Shopping list
- *Bacon*—Deli & Meats
- *Orange Juice*—Liquids



### Quantity Tips

When you know your items, refer to your recipe or think through how many people will be eating in order to determine quantity. Use the chart below to help you figure out how much to buy.

- 1 cup = 48 teaspoons
- 1 cup = 16 tablespoons
- 8 fluid ounces (fl oz) = 1 cup
- 1 pint (pt) = 2 cups
- 1 quart (qt) = 2 pints
- 4 cups = 1 quart
- 1 gallon (gal) = 4 quarts
- 16 ounces (oz) = 1 pound (lb)

*"If you cannot feed 100 people, then  
just feed one."  
Mother Theresa*

### Step 3—Check Your Supplies

Look through your Master Shopping List and see which items you already have on hand at home. Mark those off your shopping list so you will shop for only what you need.

### Step 4—Go Shopping

Go with your family member to the store and tag team finding your items using your Master Shopping List.

### RESEARCH MORE

- *The Mayo Clinic Kid's Cookbook* by Good Books publisher.
- *Easy Meals to Cook with Kids* by Julies Negrin. M.S., C.N.
- [superhealthykids.com/healthy-meal-plans.php](http://superhealthykids.com/healthy-meal-plans.php)
- Look up recipes on the Internet, or use your favorite cookbook for new ideas.

*My child has successfully completed the Project Goals for the topic—Menu Planning.*

Adult Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(Complete SIX projects to earn your FOOD & NUTRITION award)*

# MENU PLANNER

**PROTEINS:**

Hamburgers or ground beef, steak, fish, pork, chicken, tofu

**NON-MEAT PROTEIN:**

Greek yogurt, nuts, nut butters, eggs, beans

**DAIRY:**

Milk, yogurt, cheese, non-dairy milk substitute

**WHOLE GRAINS/STARCHES:**

Wheat bread, oatmeal, muffins, cereals, pasta, pancakes, dinner rolls, potatoes, sweet potatoes, crackers, granola, tortilla chips

**VEGETABLES:**

Carrots, peas, corn, broccoli, cauliflower, green beans, dark leafy greens, squash, lettuce, celery

**FRUITS:**

Bananas, strawberries, oranges, apples, lemons, mangoes, pineapples, limes, peaches

**DESSERTS/DESSERT ALTERNATIVES:**

Cookies, candy, whipped cream or non-dairy with fruit, ice cream, popsicles

**LIQUIDS:**

Fruit juices, water, sports drinks, vitamin water

Use the chart below to list what you would like to serve for breakfast, lunch, and dinner. Choose at least 3 food types to help create a well-rounded meal. Include sweets for only one meal.

<b>FOOD TYPE</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
Protein			
Non-meat protein			
Whole grain or starch			
Fruit or vegetable			
Dairy			
Liquids			
Dessert (one meal)			



# MASTER SHOPPING LIST

## INGREDIENTS

Breakfast

Lunch

Dinner

Miscellaneous

## SHOPPING LIST

Produce (Fruits and veggies)

Deli and Meats (Fresh or frozen)

Canned and Dry Goods

Dairy and Refrigerated Foods

Bakery (Breads and grains)

Juices and Beverages

Sweets and Snacks