

## PLANNING MEALS

### LESSON 7 OF MONEY FOR FOOD

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#### Learner Objective

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- Participant will become knowledgeable about ways to plan main meals for 2 days for his or her family.

#### Teaching materials needed

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- Index cards (5 by 7 inches) – several for each participant
- Inexpensive white paper plates – 3 for each participant
- Pencils, pens
- Colored pencils or markers (optional)
- Variety of food pictures or food models
- Sample meal plans
- “Create a one-dish meal” handout – one for each participant
- Flipchart or whiteboard with markers

#### Background Information for the Educator

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- ▲ This activity aims to have the learner plan one meal for his or her family for each of two days. An assumption is made that the families represented by participants do, in fact, eat at least one meal at home each day. In addition, it is implied that a main meal each day is eaten as a family. Educators must use their judgment and knowledge of the individuals or families being taught to decide if these assumptions are appropriate. The activity should be adapted for families who do not, or cannot, eat a meal at home together. Possible adaptations to consider:
  - Variations for persons living alone or with only 1 other person,
  - Variation for families in which the only time they eat together is morning,
  - Variation for families who eat together only on weekends.
- ▲ Take care to include food examples and food pictures that are likely to be consumed by your learners, consider cultural foods.
- ▲ Reference for this method of teaching meal planning: Camelon, K.M. et al. “The Plate Model: A visual method of teaching meal planning,” *Journal of the American Dietetic Association*, vol. 98 (10): 1155, Oct. 1998.
- ▲ Ordering information, 2007, for life size cardboard food models: “Food Models” 200 cardboard models on 54 cards (Nutrition Facts on back): from National Dairy Council, 10255 W. Higgins Rd., Suit 900, Rosemont, IL 60018-5616, phone (800) 426-8271, cost \$36.00 plus \$1.50 handling and shipping (3 lb. per set would be approximately \$5.00)

## Teaching Lesson 7

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### Planning Meals using Paper Plates

Prior to class, prepare a paper plate to use for demonstration—draw the lines to divide the plate into 6 sections and label each section according to the diagram.

1. Ask participants to share about a meal they often make for their families.
2. Introduce the topic for the session as planning meals. Ask participants what they would like to get out of this session. Record on flipchart or board. Use this as an introduction into the activity that follows.
3. Give each participant 2 paper plates and one index card
4. Show the prepared paper plate to the group. Ask learners how this tool could be used to help make meal planning easier. Ask for other tools or ideas that learners may have.
5. Ask the learners to work in small groups and come up with a sample menu or choose one of the sample menus from the list: select food models to represent the foods on the menu. Demonstrate use of the paper plate, and or other tool suggested by learner(s) by placing the cardboard/plastic food models on the plate in the appropriate sections.
6. Instruct participants to prepare their paper plates by drawing the lines and labeling the sections as on the sample.
7. Distribute sample meal plans and a variety of food models to the participants. Have participants work individually, or in small groups, find the appropriate food models and place them on the paper plate as described on the sample meal plan.

### Planning One-Dish Meals

8. Discuss how creative meals can be made using a mix and match idea of using four food components: Vegetables, Meat or Beans, Liquid and Grains. Provide an example.
9. Distribute “Create a One-Dish Meal” handout to participants. Ask for other items to be added to the list.
10. Ask learners as a group to list the pros and cons of preparing one dish meals. If there are any “cons” have learners discuss in small groups or pairs ways to overcome challenges and report back to whole group.
11. Ask the learners to work in pairs to create one-dish meals. Provide to each pair:  
3-4 index cards and ask them to choose foods from the lists on the handout to create 2-3 one-dish meals, and write them on the index cards. (For example - Tuna Rice Meal made from: broccoli, tuna, cheese sauce or soup, and cooked rice.)
12. Using another paper plate, as above, describe how the one-dish meals that were created would “fit” onto the paper plate plan for a meal.
13. Ask participants to share their one-dish meal ideas with each other.

### Planning Meals for Your Family

14. Distribute additional paper plates and index cards to participants.

15. Allow time for participants to write down meal ideas from other participants on their index cards to take home.
16. Explain that the paper plate can be used at home as a reminder of a good way to “fill a plate.”

## Concluding Lesson 7

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Before asking the end of session evaluation questions, say the following to the learners:

**“I am going to ask you a couple questions that will help us see what you have heard today. You do not have to answer the questions if you don’t want to. All of your answers will be private.”**

End of session questions for Lesson 7:

- Will you use this way of thinking about planning a meal for your family?
- Were you able to plan a one-dish meal that you will consider preparing for your family?

Record participant responses and other information about the lesson on the Educator Notes form.

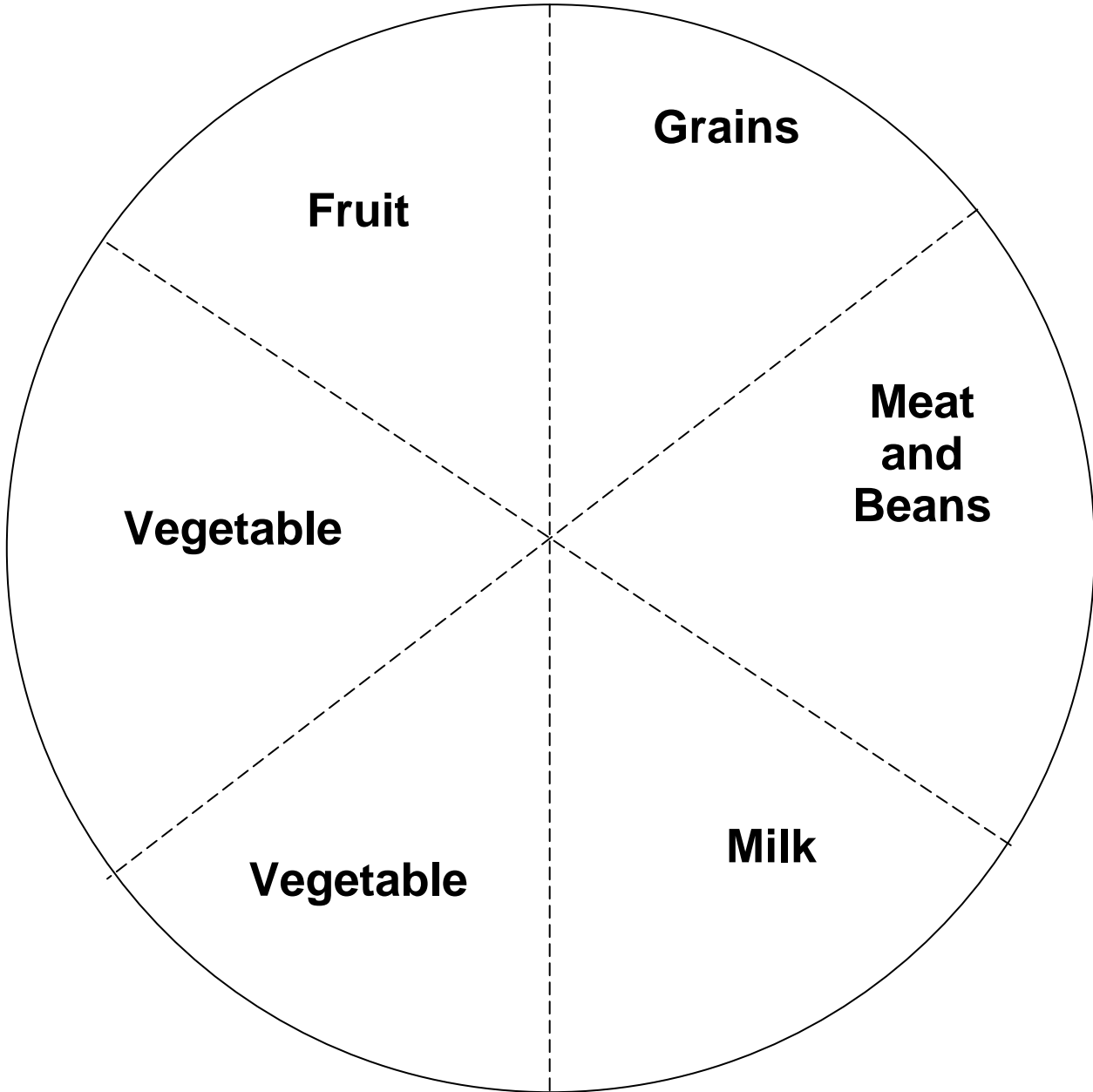
Do not record individual learner’s names on evaluation forms or questions. Do not share individual answers or comments made by the learners with other teachers or staff.

**SAMPLE MEAL PLANS**

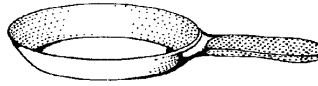
<p>Baked chicken                  Baked sweet potato                  Green beans                  Whole Wheat Bread                  Baked apples                  Low fat Milk (skim or 1%)</p> <p style="text-align: right;">MFF 7</p>	<p>Hamburger on bun                  Oven French fries                  Raw carrot and celery sticks                  Canned peach slices                  Low fat Milk (skim or 1%)</p> <p style="text-align: right;">MFF 7</p>
<p>Black beans                  Rice                  Tomatoes or salsa                  Spinach salad                  Orange slices                  Low fat Milk (skim or 1%)</p> <p style="text-align: right;">MFF 7</p>	<p>Meat loaf                  Noodles                  Broccoli                  Dark Green Leafy Salad                  Orange or Tomato juice                  Chocolate pudding</p> <p style="text-align: right;">MFF 7</p>

# PLANNING A MEAL

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## CREATE A ONE-DISH MEAL



### Prepare a one-dish meal by following these steps:

- ◆ Choose one or more ingredient(s) from each list below.
- ◆ Add other optional ingredients you like for flavor: onion, spices, herbs.
- ◆ Mix ingredients together.
- ◆ Cook using one of these methods:

**Oven:** Place ingredients in a covered casserole dish. Add optional toppings: bread crumbs, cracker crumbs, Parmesan cheese. Bake at 350° for 45 minutes. Uncover last 15 minutes to brown topping. Serve hot.

**Stove-top:** Place ingredients in a large skillet. Simmer on top of stove until bubbly. Serve hot. Add optional topping to each serving: Parmesan cheese, croutons.

<b>Vegetables</b>	<b>Chicken, fish, meat, eggs, dried beans or peas</b>	<b>Liquid ingredients</b>	<b>Bread, rice or noodles</b>
<b>about 1½ cups</b>	<b>1½ to 2 cups</b>	<b>1 to 1½ cups</b>	<b>1 to 1½ cups</b>
mixed vegetables tomatoes corn green beans cooked and cubed: acorn squash zucchini potatoes broccoli peas cabbage	tuna fish canned meat cooked meat: chicken hamburger lean sausage pork turkey hard cooked eggs cooked lentils cooked split peas cooked navy or pinto beans	cheese sauce white sauce cream soups: broccoli celery chicken mushroom cheese soup tomato soup tomato sauce shredded cheese plus milk evaporated milk	bread, cubed cooked rice cooked macaroni cooked spaghetti cooked noodles cooked barley cooked bulgur

## COMMENT FORM

### Today's topic was "Planning Meals"

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We are very interested in your comments about today's lesson. Your completion of this form is voluntary and implies your consent to participate. All answers will be confidential to the extent allowed by law. Summary reports or other uses of the information will not identify you in any way. We may use your comments to help us describe the work that we do and to make future lessons better. If you have any questions, please contact Shelley King-Curry at (608) 265-5069  
Thank you!

How helpful was the lesson today?

- very helpful
- helpful
- somewhat helpful
- not helpful

Write one thing that you learned today that you will try to do at home:

Please share if there was something you wanted to get out of this session that was not covered that would have met your needs?

**EDUCATOR NOTES – LESSON 7**

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Educator name: \_\_\_\_\_

County: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Number in group (enter "1" if individual learner) \_\_\_\_\_

**Participant responses to "Concluding the lesson" questions:****Will you use this way of thinking about planning a meal for your family?**

Enter number of participants responding: "YES" \_\_\_\_\_

"NO" \_\_\_\_\_

"Unsure" or "Don't know" \_\_\_\_\_

**Were you able to plan a one-dish meal that you will consider preparing for your family?**

Enter number of participants responding: "YES" \_\_\_\_\_

"NO" \_\_\_\_\_

"Unsure" or "Don't know" \_\_\_\_\_

**Educator assessment of the lesson and how lesson was received by participants:****Other comments from participants:****Note to Educator:**

Complete this form after each time you teach this lesson. Turn in to your supervisor.