

# Study Guide

**Directions:** Answer each question with the information you learned in Chapter 17. Write your answers in complete sentences on the lines provided.

1. What are three factors that influence personal food choices?

---

2. What elements work together to make a meal attractive and pleasing to eat?

---

3. Describe the meal pattern of people who graze.

---

4. What are the potential unhealthy consequences of skipping meals?

---

---

5. Identify three mealtime time-savers.

---

---

6. What are ways you can help bring your family together to share a meal?

---

---

7. Identify three guidelines for healthy snacking.

---

---

---

8. What makes healthy eating challenging when you are away from home?

---

---

(Continued on next page)

**Chapter 17 Meal Planning** *Continued*

**9.** What are four tips to follow when you eat out so that you can maintain your health?

---

---

**10.** List steps you need to follow in the foods lab before you can begin to prepare food.

---

---

---

**11.** What are two tips for carrying out a food lab plan?

---

---

**12.** What are four tips for cleaning up in the foods lab?

---

---

**13.** When you evaluate your work in the lab, what factors do you judge?

---

---

**14.** How is preparing food at home similar to the foods lab?

---

---

**15.** Explain what dovetail means.

---

---

**16.** List the steps to follow when outlining a plan to properly prepare a meal and have each dish ready at the right time.

---

---

---

# Planning for Meal Appeal

**Directions:** Providing a healthy meal is important, but it is also important to consider a meal’s eye appeal. For Meal 1 and Meal 2, use the base menu items listed to plan for a meal with appeal. In the chart, note the items you can add to each meal to make it attractive and pleasing to eat.

**Meal 1:**

Spaghetti noodles  
Meatballs

Garlic bread  
Spaghetti sauce

Iceberg salad  
Fruit cups

Color	Shape
Flavor	Texture

**Meal 2:**

Chicken noodle soup  
Crackers

Biscuits  
Side vegetables

Baked apples

Color	Shape
Flavor	Texture

# Mealtime Timesavers

**Directions:** Few people have a lot of time to spend in the kitchen, so it is important to manage food preparation time effectively. In the right column of the chart, write examples of ways that you can implement the timesaver ideas.

Timesaver Ideas	Examples
Keep easy-to-fix foods on hand.	
Serve leftovers.	
Use convenience foods.	
Make meals ahead of time.	
Use fast-cooking methods.	
Create one-dish meals.	



## Making Healthful Meal Choices

**Directions:** Read the scenarios below. Identify what each person is doing well as he or she snacks and eats away from home. Suggest what each person could do better.

**Scenario 1:** Jeremy is hardly ever home at mealtime. With school, his part-time job at the fast food restaurant, and homework, Jeremy finds it is easier to eat on the run. He grabs a king-size candy bar and cola from the vending machine after school. Often, he will eat at the fast food restaurant because he gets a discount after his shift is over. A typical meal is a double-patty burger with mayonnaise and ketchup, a large order of French fries, and a regular cola. Not long after Jeremy eats, he either goes home to do homework or go to bed.

1. What is Jeremy doing well as he snacks and eats away from home?

---

2. What could Jeremy do to improve his snacking and eating habits?

---



---



---

**Scenario 2:** Rachel is a young woman on the go. Between early morning cheerleading practice, school, student council meetings, and activities, she is hardly ever home. At night, before going to bed, Rachel packs her school bag and her lunch sack. She selects a quick breakfast option, such as trail mix or a fruit and cheese sandwich and juice, and she packs a snack of air-popped popcorn or crackers and peanut butter for nibbling on during after school functions. She tries to be home to eat with family most nights, but she and her mom have agreed that, if Rachel is not home, her mom will leave a plate of food in the refrigerator for Rachel to reheat.

1. What is Rachel doing well as she snacks and eats away from home?

---



---

2. What could Rachel do to improve her snacking and eating habits?

---



---



---