

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

Class: \_\_\_\_\_

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

## Meal Planning Project - 7th Grade

After hearing that you have learned about meal planning in health class at school, your parents have given you the task of meal planning for your family. They told you that if you did a good job at the meal plan, they would raise your monthly allowance. So, do you accept this challenge?? (the answer is yes, as you really don't have a choice :)

Your meal plan must be neatly written and include all of the necessary elements. This project is worth **200 points!**

- 1) Meal plan covers BREAKFAST and DINNER for 5 DAYS.
- 2) Dinner includes: 1 main dish, 2 sides, and a drink
- 3) Breakfast includes: at least 2 foods and a drink
- 4) ONE dinner must be of ethnic origin (Mexican, Chinese, Italian, French, etc.)
  - a) Recipe must be included for main dish
  - b) Recipe includes ingredients (include how much is needed) and directions to prepare
- 5) ONE dinner must be vegetarian (contains NO MEAT)
  - a) Recipe must be included for main dish
  - b) Recipe includes ingredients (include how much is needed) and directions to prepare
- 6) Using the Food-A-Pedia link on SuperTracker, you must find how many calories are in each MEAL. Also add up the total calories for the entire day.
- 7) In order to maintain a healthy weight, you must burn the calories you consume. Go to <http://www.nutribase.com/exercala.htm> . Here you will find a chart of various physical activities along with the amount of calories burned (per 30 minutes) based on weight. You must burn at least 400 calories EACH DAY. (assume you weigh 120 lbs.)
- 8) A large part of meal planning is going to the grocery store to buy the ingredients you need for your meals. You must also include a grocery list for the entire week PLUS how much each item costs. Include the total price of your groceries.
- 9) Make sure to keep in mind the recommended Dietary Guidelines: *try to include* 1 ½ cups of fruit, 2 cups of vegetables, 5 ounces of grains, 5 ounces of protein, & 3 cups of dairy EACH DAY!
- 10) **EXTRA CREDIT (10 POINTS):** choose 4 meals (at least 2 dinners, not including the ethnic and vegetarian meals) and create a recipe card for EACH meal. Each recipe card must include ingredients (with how much is needed) and directions to prepare.

Once your meal plan is complete, answer the reflection questions and complete the learning log. Everything is to be turned in, stapled together!

### Meal Planning Project Rubric

Element	Points Possible	Points Earned	Comments
Plan covers 5 days	10		
Dinners include: 1 main dish, 2 side dishes, drink	15		
Breakfasts include: at least 2 foods, drink	15		
One ethnic dinner	20		
One vegetarian dinner	20		
Recipes for ethnic and vegetarian main dishes	20		
Calories for each meal/day totaled	20		
Physical activity for each day (add up to at least 400 calories)	20		
Grocery list with cost	30		
Meals/activities not repeated	10		
Neat/easy to read	10		
Turned in all together, stapled with name	10		
<b>TOTAL</b>	200		
<i>Extra Credit</i>	10		

## Useful Websites

<p><b>Nutrition Information</b>  <a href="https://www.SuperTracker.usda.gov">https://www.SuperTracker.usda.gov</a>  <a href="http://www.calorieking.com">http://www.calorieking.com</a></p>	<p><b>Physical Activity Charts</b>  <a href="http://www.nutribase.com/exercala.htm">http://www.nutribase.com/exercala.htm</a></p>
<p><b>Recipes</b>  <a href="http://www.allrecipes.com">http://www.allrecipes.com</a>  <a href="http://www.pinterest.com">http://www.pinterest.com</a>  <a href="http://www.healthyeating.org">http://www.healthyeating.org</a>  <a href="http://www.cookinglight.com">http://www.cookinglight.com</a></p>	<p><b>Grocery Prices/Weekly Ads</b>  <a href="http://www.comparegroceryprices.org/search/data/comparison.shtml">http://www.comparegroceryprices.org/search/data/comparison.shtml</a>  <a href="http://www.walmart.com">http://www.walmart.com</a>  <a href="http://www.foodlion.com">http://www.foodlion.com</a>  <a href="http://www.lowesfoods.com">http://www.lowesfoods.com</a>  <a href="http://www.pigglywigglystores.com">http://www.pigglywigglystores.com</a></p>

## Sample Meal Plan with Grocery List

<b>Breakfast</b>	2 eggs, scrambled - 193 cal 1 piece toast - 23 cal 1 cup chocolate milk - 158 cal  <b>Total - 374 cal</b>	<p><b>Grocery List</b></p> Eggs - \$1.60 White bread - \$2.27 Chocolate Milk - \$3.49 Meatloaf, frozen - \$7.98 Green Beans - \$0.79 Sweet Tea - \$2.98 Mashed Potatoes - \$2.68  <b>Total: \$24.29</b>
<b>Dinner</b>	1 meatloaf, frozen - 320 cal 1 ½ cups french style green beans, canned - 60 cal 1 ½ cups mashed potatoes w/ milk & margarine - 356 cal 1 bottle Lipton sweet iced tea - 190 cal  <b>Total - 896 cal</b>	
<b>TOTAL CALORIES</b>	1420 calories	
<b>Physical Activity</b>	60 min jogging, 5 mph - 444 cal	

## Sample Recipe Cards

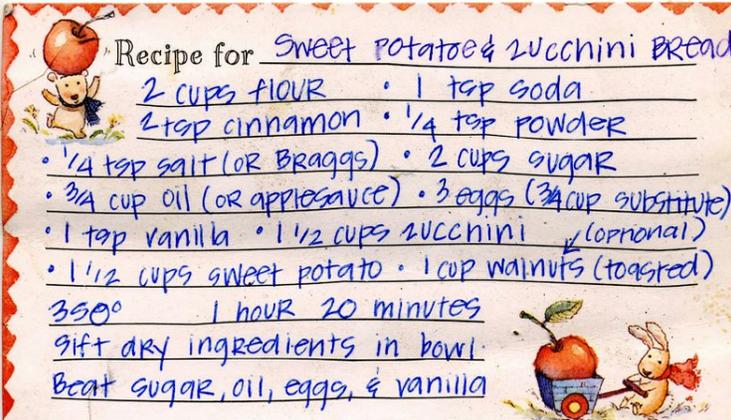
Recipe for Sweet potato & zucchini bread

2 cups flour • 1 tsp soda  
 2 tsp cinnamon • 1/4 tsp powder

- 1/4 tsp salt (or Bragg's) • 2 cups sugar
- 3/4 cup oil (or applesauce) • 3 eggs (3/4 cup substitute)
- 1 tsp vanilla • 1 1/2 cups zucchini (optional)
- 1 1/2 cups sweet potato • 1 cup walnuts (toasted)

350° 1 hour 20 minutes

Put dry ingredients in bowl.  
 Beat sugar, oil, eggs, & vanilla



in large bowl mix in zucchini & sweet potato. Add dry ingredients & (walnuts) & stir well.

Pour ingredients in oiled loaf pan, bundt or whatever you fancy.

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## CHRISTMAS TREE CUPCAKES



Image by Stephanie Chapman

### Ingredients

- 125g caster sugar
- 130g softened butter
- 30g cocoa powder
- 2 medium eggs
- 1 tsp vanilla extract
- 2 tbsp milk

### For the butter icing:

- 125g butter
- 250g icing sugar
- Green food colouring
- Assorted sprinkles

### Method

1. Preheat the oven to 180°C / Gas Mark 4.
2. Cream together the butter and sugar, using an electric mixer until the mixture is light and fluffy.
3. Add the eggs one at a time, mixing well in between. Then add the vanilla extract and stir.
4. Gradually sieve the flour and cocoa powder in the bowl. Fold into the mixture using a large metal spoon.
5. If the mixture is too thick, add milk and mix together. The mixture should have a smooth, 'gooey' consistency.
6. Spoon the mixture into cake cases and bake for around 15 minutes – use a skewer or knife to see whether the cupcakes are cooked all the way through. Then leave to cool before icing.
7. To make the butter icing, sieve the icing sugar into a bowl and add the butter and a few drops of food colouring. Mix with an electric mixer (be careful, it will go everywhere!).
8. Add the icing to a piping bag, and pipe onto the cupcakes. Swirl upwards to look like a tree – then decorate with sprinkles and silver balls.

### Weekly Meal Plan

	Monday	Tuesday	Wednesday
<b>Breakfast</b>	Total: .....	Total: .....	Total: .....
<b>Dinner</b>	Total: .....	Total: .....	Total: .....
<b>TOTAL CALORIES</b>			
<b>Physical Activity</b>			

## Weekly Meal Plan

	Thursday	Friday	Grocery List
<b>Breakfast</b>	Total: -----	Total: -----	
<b>Dinner</b>	Total: -----	Total: -----	
<b>TOTAL CALORIES</b>			
<b>Physical Activity</b>			
	Total Cost: -----		

