

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		
TOTAL	200		
<i>Extra Credit</i>	10		

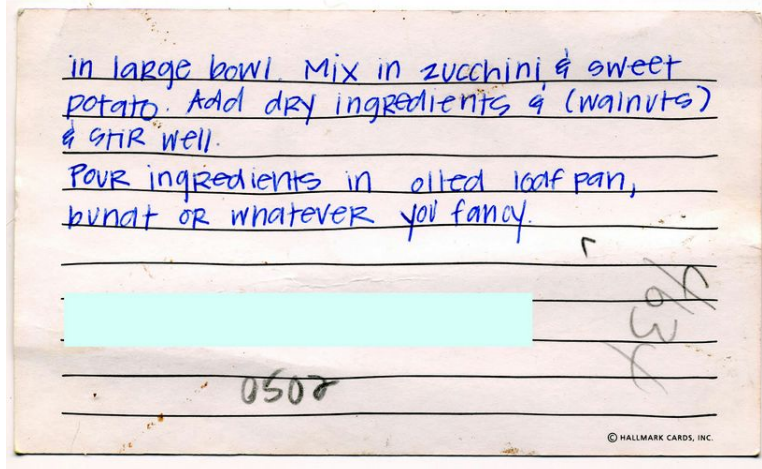
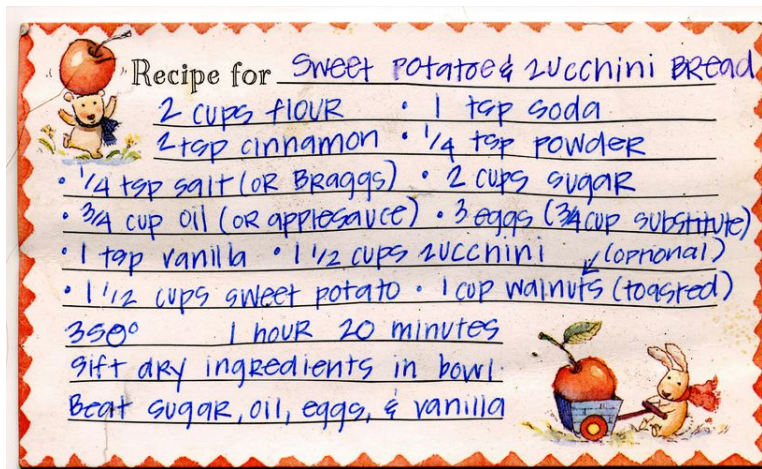
Useful Websites

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

Sample Meal Plan with Grocery List

Breakfast	2 eggs, scrambled - 193 cal 1 piece toast - 23 cal 1 cup chocolate milk - 158 cal Total - 374 cal	<div>Grocery List</div> 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 <div>Total: \$24.29</div>
Dinner	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 Total - 896 cal	
TOTAL CALORIES	1420 calories	
Physical Activity	60 min jogging, 5 mph - 444 cal	

Sample Recipe Cards



CHRISTMAS TREE CUPCAKES

Image by Stephanie Chapman

Ingredients

- 125g caster sugar
- 130g softened butter
- 30g cocoa powder
- 2 medium eggs
- 1 tbsp 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.

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Weekly Meal Plan

	Monday	Tuesday	Wednesday
Breakfast	Total: _____	Total: _____	Total: _____
Dinner	Total: _____	Total: _____	Total: _____
TOTAL CALORIES			
Physical Activity			

Weekly Meal Plan

	Thursday	Friday	Grocery List
Breakfast	Total: _____	Total: _____	
Dinner	Total: _____	Total: _____	
TOTAL CALORIES			
Physical Activity			
Total Cost: _____			

Project Reflection Questions

To be completed after the meal plan is complete. Answer in complete sentences.

1. On average, a middle school girl should eat between 1600 and 2000 calories each day. If your lunch each day was 400 calories, do your total calories fall between 1600 and 2000 calories everyday? Why do you think they did/did not? Explain your answer.
2. Predict what would happen if you ate less than 1600 calories per day. Is this healthy? Explain your answer.
3. Imagine you had a budget of \$85 per week for groceries. Would you have been able to afford the meals you planned for the week? Do you think it is easy or difficult for economically disadvantaged families to eat healthy foods? Explain your answer.