MEAL PLANNING ASSIGNMENT
(120 points)

PURPOSE:
- To plan TWO days of menus which are realistic in preparation time and meet the nutritional needs of household members.
- To utilize cultural considerations in planning the two-day menus in order to meet the nutritional needs of the household members.

Directions: Select a household of a different cultural or ethnic background than your own. E.g. Hispanic, Asian (Chinese, Japanese, Vietnamese, etc.), African American. The understanding is that your person will eat meals for the two days. The meals will be prepared at home, though not necessarily eaten at home. Prepare a written report containing menus for the two days, including substantiating information on the topics listed below:

A. A BRIEF HISTORY and description of the specific cultural or ethnic group with which you are dealing. You will include a description of typical foods and eating habits. (THIS WILL BE MORE IN-DEPTH FOR THE FINAL PAPER.)

B. Household composition: Clearly describe the specific composition of the household, including the number and names of persons, ages. For your project, you will need the HEIGHT, IDEAL WEIGHT, ACTIVITY LEVEL, gender, the cultural and/or ethnic makeup of your person, the educational level, occupation, activity pattern (work, school, exercise), and general state of health. The general idea here is to be able to assess resources and specific needs that must be considered in planning the menus.

C. Background: Briefly describe relevant factors concerning the household in relation to the following points:
   1. Describe the level of nutrition knowledge and specific nutrition practices of household members. Provide information related to food likes and dislikes, food allergies or intolerances, special dietary requirements, and nutrition problems. For example, if one member is overweight and another is underweight, how can menus be adjusted accordingly?
   2. Describe economic factors. Do they have expendable money to spend more freely on food, or must they budget carefully? (Our goal is to keep between the LOW COST and MODERATE Food Plans, as presented in class. This will be addressed more completely for the final.)
   3. Describe facilities for food preparation, storage, and clean up.
   4. Describe access to restaurants, supermarkets (including ethnic), and other food sources. (Are these close-by?)
   5. Discuss other factors that might relate to the meal and meal planning activities. Any ethnic or cultural considerations?

D. Goals: Establish specific goals for the 2-day meal plan, what you hope to teach, show your client/household members.

E. Meal Planning: Plan two days of menus. Each day should include breakfast, lunch, dinner, and snacks. Assume that residents eat a sack-type lunch away from home on at least one of the days. Menus should be presented in detail, using descriptive
terms and stating individual serving sizes. E.g. 1 cup steamed white rice. Include recipes for at least FOUR dishes.

**THE RECIPES MUST BE INCLUDED IN THIS ASSIGNMENT**, both in the preliminary report and in the final written report. **Please include recipe directions.**

**Meals are not recall. YOU, as the nutrition expert, are planning the meals FOR the household. Meals should be planned and attention should be given to cultural needs, color, texture variation, smell, and plate appearance.**

***It is necessary that you be familiar with the cultural, ethnic history and its influences on the cuisine. You must adhere to the cultural needs of your household, and mold the Nutritional Guidelines so that ethnic foods are used to meet the nutritional needs.***

****A rough draft (Preliminary Report) of the information up to this point (Sections A-E) will be turned in NEXT WEEK! This is worth 20 of the 120 total points.

******Included in the final report, besides a polished, finished version of the above information will be:

F. **Nutrient Evaluation:** Menus should be planned using the USDA Dietary Guidelines and considering any special dietary and cultural needs, as stated in Section D. Analyze the two days of menus using the microcomputer program available for assessing nutritional intake (Food Processor). Perform a nutrient analysis for only ONE of your household members. Compare nutrient analysis and RDAs for that person. Study the results and summarize the information. Appropriate evaluation is critical to understanding the purpose of the assignment.

G. **Cost Evaluation:** As mentioned, cost should fall between Low-to-Moderate Cost Food Plans. Calculate and evaluate the cost of the menus for your person. Cost must be presented using a format to be presented in class. Assume all meals are prepared at home. Compare food costs with the most current figures (will be provided by instructor). Evaluate in detail. Three handy websites:
   - [http://www.fareshare.net/conversions-volume-to-weight.html](http://www.fareshare.net/conversions-volume-to-weight.html)
   - [http://www.culinarycafe.com/Fruit.html](http://www.culinarycafe.com/Fruit.html)

**SUGGESTED TIMELINE:** The student is expected to work on this assignment over several weeks, both during class sessions and outside. Use the following dates as your guidelines: (Note: You will only be turning in papers for Week 3 and Week 11.)

*Week 2: Preliminary Report (20 points)-**DUE to work on in class. Bring in two copies of the TYPED Preliminary Report from steps A-E. Must be detailed menus, recipes, serving sizes.

**Week 3:** Preliminary plan per group is DUE. Accept TYPED only.

Week 4: PROFILE and recipe analyses done.

Week 6--Nutrient Analysis and Evaluation should be almost completed.

Week 8--Food Cost and Evaluation of cost levels should be almost completed.

*Week 11--**FINAL PAPERS ARE DUE