

# Skills for Living

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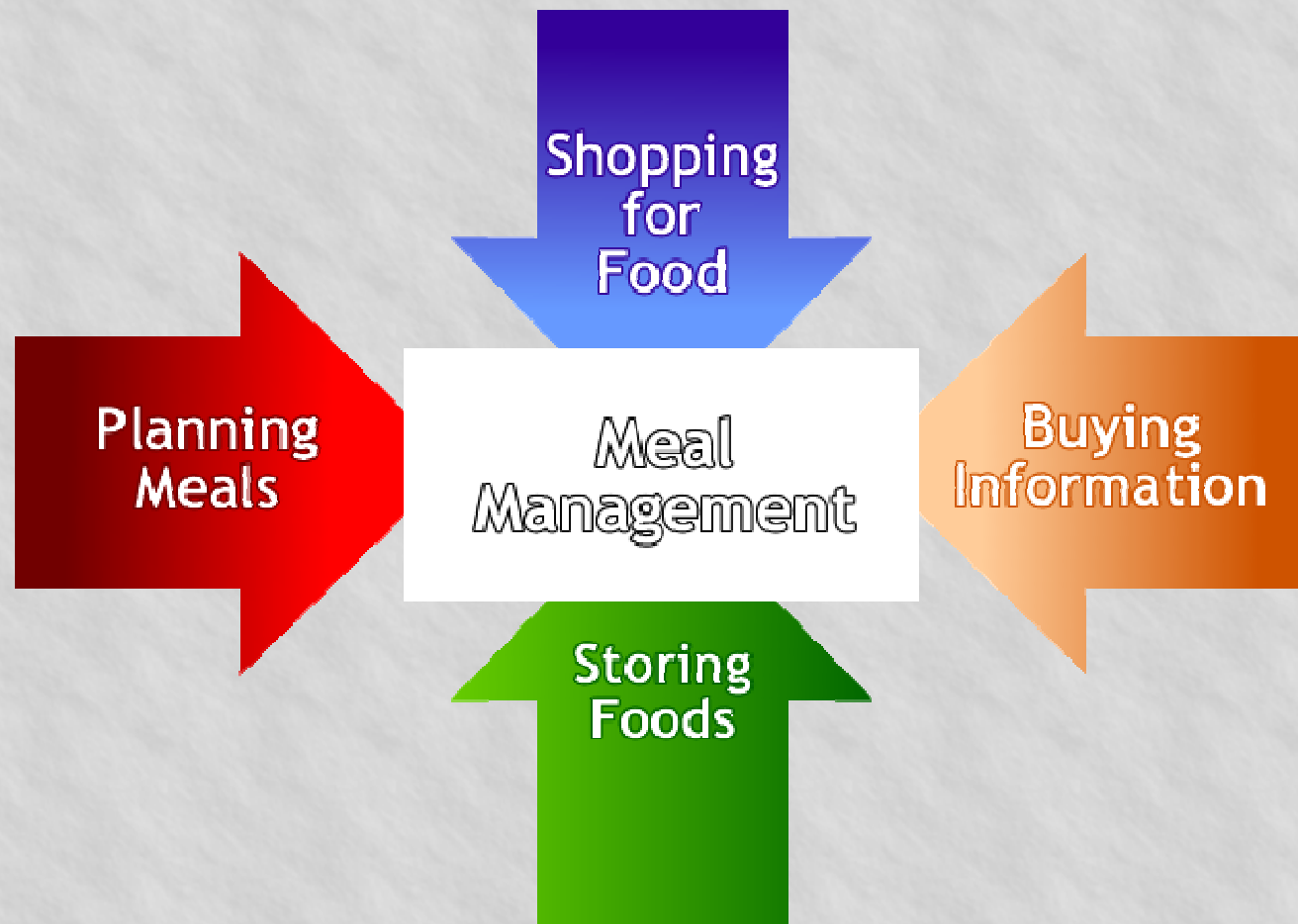
Goodheart-Willcox Co., Inc.  
Tinley Park, Illinois

# Chapter 13

## Meal Management

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- In this chapter, you will learn



# Topic 13-1

## Planning Meals

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- In this topic, you will learn how to use resources to put together nutritious meals, as well as
  - ❖ **Planning for nutrition**
  - ❖ **Variety in meals**
  - ❖ **When you are the meal manager**

# Planning Meals

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## **Objectives for Topic 13-1**

After studying this topic, you will be able to

- use a meal pattern based on MyPyramid to plan meals throughout the day
- write a menu illustrating variety in color, flavor, texture, shape, size, and temperature
- evaluate your cooking skills, food budget, and preparation time as they apply to meal management

# Topic 13-1 Terms

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- ❖ meal management
- ❖ convenience food

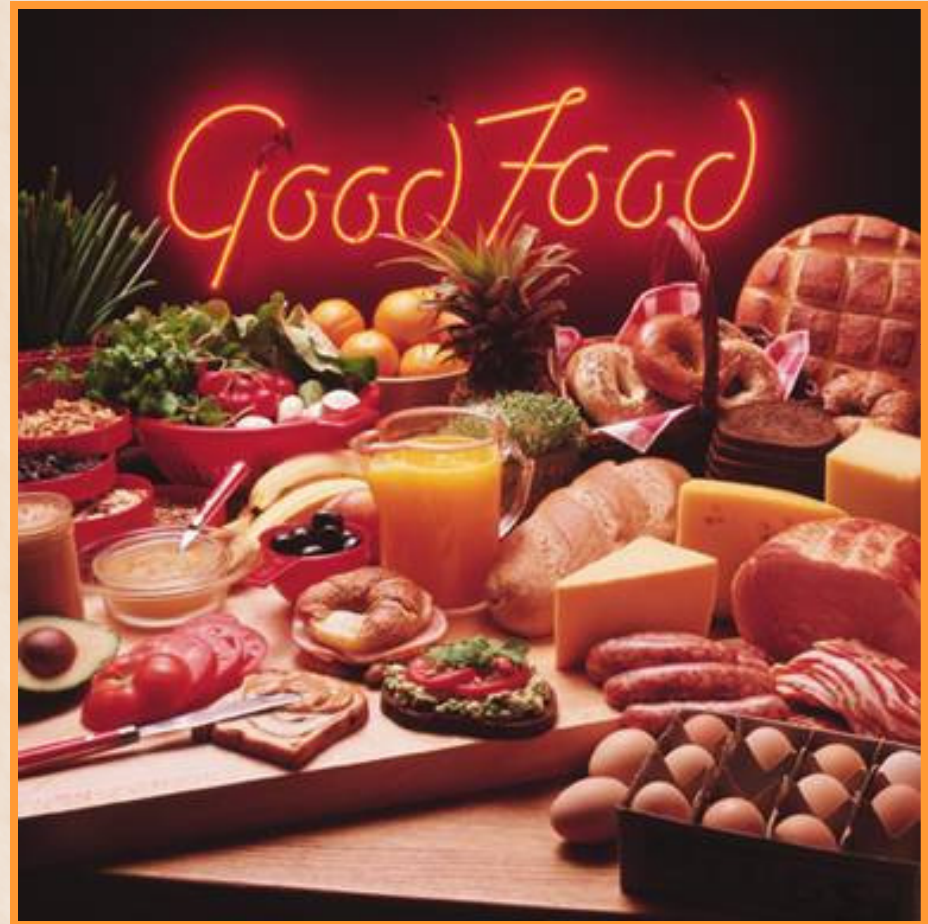
# Planning Meals

- ***Meal management*** involves using resources of skills, money, and time to put together nutritious meals



# Planning for Nutrition

- No one food provides all the needed nutrients
- Plan carefully to have meals and snacks that will supply essential nutrients



# Using a Meal Pattern

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- 2–3 servings from the grains group
- 1–2 servings from vegetable group
- 1–2 servings from the fruit group
- 1 serving from the milk group
- 1 serving from the meat and beans group



# Variety in Meals

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- Meals should contain foods that complement one another and appeal to the senses
- When preparing meals, consider
  - ❖ color
  - ❖ flavor
  - ❖ texture
  - ❖ shape and size
  - ❖ temperature
  - ❖ cultural and societal influences

# Color

- Color adds eye appeal
- Garnishes can add color and interest



# Flavor



- Flavors should complement each other
- Avoid repeating flavors

# Texture

- Textures should vary
- Crisp, tender, soft, creamy, smooth, and crunchy are common food textures



# Shape and Size

- Combine a variety of shapes and sizes
- Avoid serving several foods at the same meal that are the same shape and size



# Temperature



- Plan to serve foods that differ in temperature as part of the same meal
- Hot and cold foods offer an appealing contrast

# Cultural and Societal Influences

- Early people ate whatever food was available in their geographic region
- Regional and cultural influences are still seen today



# Did You Know...

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- Ancient civilizations used products from nature as “food coloring” to make foods more appealing
  - ❖ These additives included spices, flowers, and minerals



# When You Are the Meal Manager

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- After considering the nutrition and appearance of the food, also think about your
  - ❖ cooking skills
  - ❖ budget
  - ❖ preparation time

# Your Cooking Skills

- Try one new recipe at a time
- Plan simple meals
- Build confidence and experience



# Your Food Budget

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- Check advertisements for weekly specials
- Use coupons for items you use regularly
- Use seasonal foods
- Use less expensive cuts of meat or meat alternates
- Try to cook foods together to save on energy costs

# Your Preparation Time

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- To save preparation and cooking time
  - ❖ use *convenience foods* (foods that have some preparation steps done)
  - ❖ plan foods that require no cooking
  - ❖ prepare large portions of food for use at later meals
  - ❖ plan meals for the amount of time you have available

# A Variety of Eating Schedules

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- To meet varying schedules of adults, teens, and children
  - ❖ select foods that taste good when reheated
  - ❖ prepare food on weekends and freeze them for later use
  - ❖ freeze individual portions of food
  - ❖ buy food items that family members can use to quickly make their own meals

# Summary for Topic 13-1

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- Basic meal management skills are an important part of meal planning
- Following a meal pattern based on MyPyramid can help you plan appealing meals to meet your family's nutrient needs
- Meal management skills can help you plan meals that suit your preparation skills, food budget, and available preparation time