

Meal Planning: Apply What You Learned

Part A:

1. **Check all that apply: Meal planning:**

- a. ___ Saves time
- b. ___ Saves money
- c. ___ Has no advantage
- d. ___ Helps to have variety at meals

2. **When planning menus, it is helpful to:**

- a. Have family favorite recipes to use for the week
- b. Look at the newspaper or app ads of your favorite grocery store(s)
- c. Have a calendar with your weekly events listed
- d. Plan dinner 30 minutes prior so the family gets the foods they want to eat
- e. a, b, and c only
- f. a, b, and d only

3. **Useful tools to have available when menu planning include:**

- a. Cookbooks and favorite recipes
- b. Meal planner
- c. Calendar
- d. Grocery list
- e. All of the above
- f. b, c, and d only

4. **Planning how to use leftovers is:**

- a. Important
- b. Somewhat important
- c. Not important at all

5. **When planning the menu for the week, you should consider:**

- a. Food available
- b. Time available
- c. Ways to adapt recipes
- d. All of the above
- e. None of the above

Part B:

Use the template below to plan a week worth of dinners. Remember to:

- Include a source of protein along with at least two other food groups.
- Take into consideration your upcoming schedule and personal preferences.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday