

MEAL PLANNING

1. CHOOSE THE CORRECT OPTIONS(MCQ)

A). **AFTER FERMENTATION CEREALS BECOME RICH SOURCE OF:**

Protein and vitamin D

B) **VEGETARIANS CAN INCLUDE PROTEIN IN THEIR MEALS BY CONSUMING:**

Pulses.

2. EXPLAIN WHY IT IS IMPORTANT TO INCLUDE FRUITS AND PULSES IN OUR DAILY MEALS?

It is important to include fruits and pulses in our daily life in view of the following:

a) Pulses have the capacity of body building as they provide **PROTEINS, B COMPLEX, VITAMINS AND MINERALS.**

b) Whereas, fruits and vegetables which are called **Protective and Regulatory food** have the capacity to give **Iron, vitamin A Vitamin C, minerals and more importantly FIBRES which is essential for digestion of food.**

3. EXPLAIN MEAL PLANNING AND GIVE TWO REASONS FOR PLANNING MEALS FOR THE FAMILY.

MEAL PLANNING involves planning nutritious meals for all individuals in a family keeping in mind their age, activity, likes, dislikes and food availability.

Two reasons for planning meals are:

a) **IT HELPS TO PLAN NUTRITIOUS MEALS:** All food groups are included in meals. Methods that retain, enhance nutrients and minimize nutrient loss, are adopted while planning a meal.

b) **HELPS TO GIVE A FEELING OF FULLNESS AND SATISFACTION:** An appetizing meal fulfils the requirement of safety and satisfaction.

4. NAME TWO CHARACTERISTICS OF A BALANCED DIET.

The two characteristics of **BALANCED DIET ARE:**

1. It contains **different types of NUTRIENTS** to meet the need of an individual;

2. It also has a provision for **EXTRA NUTRIENTS** which can be reserved in the body to withstand short periods of low dietary intake.

5. MEAL PLANNING IS INFLUENCED BY CLIMATE, FAMILY TRADITIONS AND THEIR ECONOMIC STATUS. SUPPORT THIS STATEMENT WITH ONE EXAMPLE EACH.

CLIMATE: In warm weather or tropical climate, **light cool refreshing Meals** should be planned whereas in cold climate, hot and spicy foods can be included in the meals.

FAMILY TRADITIONS: Due to certain traditions, **FASTS** are observed and certain foods are restricted in the meals, e.g. during **NAVRATRAS**, some people avoid non-vegetarian foods and observe fast for nine days. Some families cook food in coconut oil or use spices after roasting them.

ECONOMIC STATUS: Depending on more or less money, one will buy more or less expensive food. A rich man would buy **exotic fruits** and a poor man would plan simple food using cheapest **seasonally available foods**.

6. A FAMILY MEAL IS INFLUENCED BY OCCUPATION AND GENDER OF FAMILY MEMBERS SUPPORT THIS STATEMENT WITH ONE EXAMPLE EACH;

OCCUPATION:

Adults occupied in varied activities such as sedentary, moderate and heavy would have different nutritional needs. A sedentary worker (one who is required to do a desk job) needs lesser calories as compared to persons doing moderate and heavy work. For example, a male labourer needs 3490 calories, whereas a man doing a desk job would require only 2320 calories.

GENDER:

Dietary requirements of adolescents and adult males are more as compared to females of same age, eg., boy in the age group of 16 to 17 years need 3020 calories whereas the girls in the same age group need only 2440 calories.

7. PLAN A BALANCED TIFFIN FOR A TEENAGER;

A Person who is between 13 to 19 years of age is called a teenager.

TIFFIN AND MEALS SHOULD BE:

- a) FOOD ITEMS SHOULD BE FRESH:
- b) Rich in **CALORIES, PROTEINS, IRON, CALCIUM AND VITAMIN A;**
- c) Have **SATIETY value (SATISFYING VALUE);**
- d) **Avoid too much of spices, fried foods and sweets;**
- e) **Have variety;**

Use CEREALS OR MILLETS, TUBERS, OILS, FATS AND NUTS which gives energy;

Use pulses, legumes, EGG & MILK PRODUCTS which helps in body building;

USE FRUITS AND VEGETABLE to provide lot of fibre;

COVERING ALL THE ABOVE, IT IS SUGGESTED THAT ONE CAN PREPARE **WHEAT FLOUR PARANTHA, VEGETABLE RAITHA AND MILK SHAKE** USING ANY OF THE AVAILABLE FRUITS.

8. HOW DO FAMILY TRADITIONS INFLUENCE PLANNING OF MEALS FOR THE FAMILY?

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9. SUGGEST AN APPROPRIATE MENU FOR DINNER AND CLASSIFY FOOD ITEMS INCLUDED IN IT ACCORDING TO FOOD GROUPS.

For DINNER, I suggest boiled kale chane pulao with vegetable raita with lassi

The food items included in it according to food groups are :

Cereals which are energy giving foods and contain protein, fibre, vitamin B complex, iron, calcium and vitamins;

Vegetables which are **REGULATORY FOODS** and contain iron, vitamin A & C, minerals and fibre;

Vegetable oil, ghee and butter & Nuts: which are used in cooking and for garnishing; **they are energy giving;**

Milk product like lassi have **body building elements** and contain proteins, calcium Vitamin A and B1

10. A FAMILY HAS BEEN SERVED WITH RICE AND PINEAPPLE RAITA FOR LUNC. STATE TWO FOOD GROUPS WHICH ARE NOT INCLUDED IN THEIR MEAL.

The two food groups that are not included in their meal are fruits and vegetables and fats and oils;

11.WHAT DO YOU UNDERSTAND BY BALANCED MEAL? WRITE 4 POINTS YOU WILL KEEP IN MIND WHILE PLANNING BALANCED DIET FOR YOUR FAMILY.

A **BALANCED DIET** is defined as one which contains different types of foods in such quantities that the needs for various nutrients of an individual is adequately met.

The four points that I will keep in mind while planning balanced diet for my family are that:

1. It should include **CEREALS**;
2. It should include **PULSES**;
3. It should include **milk/egg/flesh foods**;
4. It should include **fruits and vegetables as also fats and oils**.
