



National Pork Producers Council

Careful planning is needed to choose a nutritious and appealing menu that fits the family food budget and time schedule.

Chapter 10 Planning Meals

1 A "Taste" of the World of Work

Domestic Cook

Plans menus, orders ingredients, prepares food, and cleans kitchen and cooking utensils in private home. May also serve meals and perform seasonal cooking duties, such as canning.

Caterer

Prepares and serves food and refreshments at social affairs.

Head Banquet Waiter

Plans details for banquets, receptions, and other social functions. Hires extra help, directs setting up of tables and decorations, supervises wait staff.

2 Terms to Know

meal manager
menu
course
convenience food
budget
income
fixed expense
flexible expense

taste buds
finished food
semiprepared food
work simplification
prepreparation
conservation
recycling

Objectives

After studying this chapter, you will be able to

- ☐ plan nutritious menus using meal patterns based on the Food Guide Pyramid.
- ☐ prepare a family food budget.
- ☐ plan menus with an appealing variety of flavors, colors, textures, shapes, sizes, and temperatures.
- ☐ describe resources a meal manager can use as alternatives to time and energy.



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1—Enrich: Interview someone in your community working in one of these occupations.

2—Vocabulary: Suggest how you think each of these terms relates to the topic of planning meals.

A *meal manager* is someone who uses resources to reach goals related to preparing and serving food. A meal manager's resources include money, time, energy, knowledge, skills, and technology. Food and equipment are resources, too. Meal managers must make many decisions based on these resources. They must decide how much time and money they are willing to spend planning and preparing meals. This will affect their decisions about what foods to serve and how to prepare them.

A meal manager will use available resources to reach the following four goals:

- 1
- Provide good nutrition to meet the needs of each family member.
 - Use planned spending to make meals fit into the family food budget.
 - Prepare satisfying meals that look and taste appealing.
 - Control the use of time and energy involved in meal preparation.

The meal manager is responsible for seeing that these goals are reached. However, he or she may not be the only one working to reach them. The meal manager may assign various tasks to other family members.

Provide Good Nutrition

2

People tend to eat foods they like. However, foods people like may not always be the foods they need to stay healthy. For good health, the foods people eat must supply their bodies with proteins, carbohydrates, fats, vitamins, minerals, and water. Everyone needs the same nutrients, but not in the same amounts. For instance, pregnant women need more of some nutrients than other adults. Active people need more of some nutrients than inactive people.

Meal Patterns

A diet that follows the Food Guide Pyramid can provide all the essential nutrients. Meal managers can use a meal pattern based on the Food Guide Pyramid to plan nutritious meals. A *meal pattern* is an outline of the basic foods normally served at each meal. A Pyramid meal pattern includes two to three servings from the bread, cereal, rice, and pasta group. It includes one or two servings each from the vegetable and fruit groups. This pattern includes one serving from the milk, yogurt, and cheese group. It also includes one serving from the meat, poultry, fish, dry beans, eggs, and nuts group.

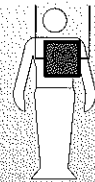
1—Resource: *The Goals of Meal Management*, reproducible master, TRB.
2—Enrich: Debate the topic "If It Tastes Good, It Must Be Bad for You."

A meal manager can follow this basic pattern when planning each meal. It works equally well for breakfast, lunch, and dinner. The meal manager can use snacks to fill in added food group servings needed by individual family members. He or she can also add servings to one meal to make up for a shortage in another meal. For instance, some people may want to skip the vegetable group at breakfast. An extra vegetable serving for lunch, dinner, or snack can easily accommodate this preference. The point is to be sure family members consume the recommended number of servings from each group throughout the day. See 10-1.

Careful planning allows the meal manager to make sure foods served throughout the day meet each family member's nutritional needs. Together, breakfast, lunch, dinner, and snacks provide the day's total nutrient intake. Breakfast generally supplies one-fourth of the day's total needs. Lunch and dinner each supply one-third, and snacks supply the remaining needs.

Breakfast

Eating breakfast helps prevent a midmorning slump. A good breakfast should be rich in complex carbohydrates for energy. Enriched or whole grain toast and cereals are popular carbohydrate choices for breakfast. The morning meal is a good time to



Healthy Living

Research has shown that going to work or school without breakfast has a negative impact on work and studies. If you never seem to have time for breakfast, set your alarm 15 minutes earlier. If getting up earlier does not appeal to you, try starting breakfast preparations before you go to bed. Peel an orange, wrap it tightly in plastic, and put it in the refrigerator. Prepare a hard-cooked egg or place a bowl and spoon next to the cereal box. In the morning, you can eat your fruit and cereal (or egg) while making toast.

If traditional breakfast foods do not appeal to you, try eating nonbreakfast foods that you like. Hamburgers, soup, pizza, or yogurt provide many important nutrients and may appeal to you more than cereal and milk.

3—Discuss: If breakfast is the most important meal of the day, why do so many people skip it? (They are in a hurry. Food does not appeal to them in the morning. They do not realize how important it is.)

1

Pyramid Meal Patterns					
Meal	Bread, Cereal, Rice, and Pasta Group (2-3 servings per meal)	Vegetable Group (1-2 servings per meal)	Fruit Group (1-2 servings per meal)	Milk, Yogurt, and Cheese Group (1 serving per meal)	Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (1 serving per meal)
Breakfast	Bagels English muffins Grits Oatmeal Pancakes Plantains	Hash browns Onions, peppers, broccoli, mushrooms in omelets Tomato juice	Apple, cranberry, grapefruit, and orange juices Papayas, mangoes Melon Strawberries	Cheese in omelets Hot chocolate	Eggs Canadian bacon Ham
Lunch	Sandwich bread and rolls Pasta in soups and salads Pita bread Tortillas	Lettuce and tomato on sandwiches Coleslaw Vegetables in soups	Applesauce Bananas Cherries Fruit salad Grapes Plums	Cheese on sandwiches Cottage cheese	Beans in soups Luncheon meat Ham, chicken, tuna, and egg salad Peanut butter Refried beans
Dinner	Biscuits, cornbread, dumplings Bulgur, kasha, couscous Cassava Rice, pasta	Baked and mashed potatoes Broccoli, green beans, spinach, squash Stir-fried vegetables Tossed salad	Baked apples Cranberry sauce Fruit desserts Grilled pineapple Poached pears Spiced peaches	Milk Pudding	Baked beans, lentils Beef, lamb, pork, veal Chicken, turkey Fish, shellfish Tofu
Snacks	Crackers Matzos Popcorn	Carrot and celery sticks Cauliflower	Dried figs, dates, and apricots Raisins	Yogurt Kefir	Hard-cooked eggs Nuts Sunflower seeds

10-1 Foods within each group can be served for any meal to provide the recommended number of servings throughout the day.

work a source of vitamin C into your diet. Many people choose fruit or juice as a rich source. Breakfast should provide a small amount of fat to help the meal stay with you throughout the morning. Children and teens should include a lowfat choice from the milk, yogurt, and cheese group for breakfast. Foods from the meat, poultry, fish, dry beans, eggs, and nuts group are optional at breakfast. Remember, you need only the equivalent of 5 to 7 ounces (140 to 196 g) of lean, cooked meat from this group each day.

Lunch

2

Many meal managers make good use of leftovers at lunchtime. They use leftovers to prepare nutritious salads, casseroles, and sandwiches. For instance, you could use leftover roast beef in two ways. Family members who carry their lunches to work or school could take hearty roast beef

sandwiches. Those who eat their lunches at home could add strips of roast beef to a chef's salad.

In cold weather, hot foods are popular for lunch. Those who must take their lunches can carry soups, stews, and casseroles in wide-mouthed vacuum containers. In warmer weather, you can use the same containers to carry fruit juice, milk, or cold main dish salads.

Dinner

Dinner is the one meal of the day many people can eat leisurely and share with family members. Dinner is often a heavier meal than lunch.

The meal manager can add variety to dinners in many ways. Instead of serving chicken, peas, and biscuits separately, you can combine these foods and serve them as chicken and dumplings. A tossed salad, dessert, and beverage would complete the meal. Other popular one-dish meals are

1—Reflect: What foods would you add under each food group for each meal?
2—Reflect: Do you prefer to carry a packed lunch or buy lunch in the cafeteria? Explain your choice.
3—Reflect: How often do you eat dinner with other family members?

New England boiled dinner, tuna noodle casserole, and pizza.

1 Some families enjoy trying new and unusual foods. The meal manager can add variety by serving just one new dish. He or she can also plan an entire meal around a particular theme or cuisine.

In hot weather, appetites often become sluggish. You might replace a filling hot entree with a cool, refreshing salad. Hot rolls and a fresh fruit dessert would complete the meal.

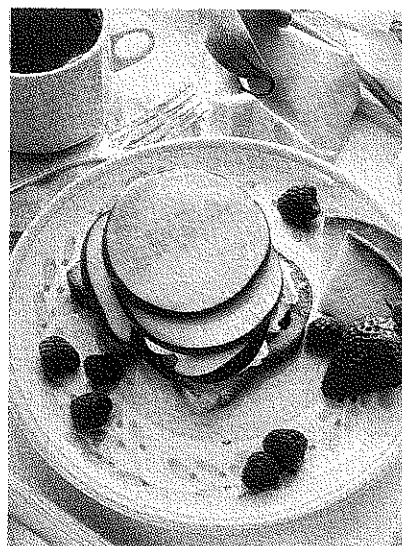
Varying preparation methods is another way to add variety to meals. For instance, you can use ground beef to make meat loaf, sloppy joes, or Swedish meatballs. You can bake, boil, mash, oven-brown, fry, or cream potatoes. See 10-2.

Snacks

2 With planning, the meal manager can make sure between-meal snacks satisfy nutritional needs as well as hunger. Fresh fruits and vegetables, cheese and crackers, milk shakes, and hard-cooked eggs are good snacks. They supplement other foods eaten during the day by adding important nutrients to the diet.

Planning a Meal

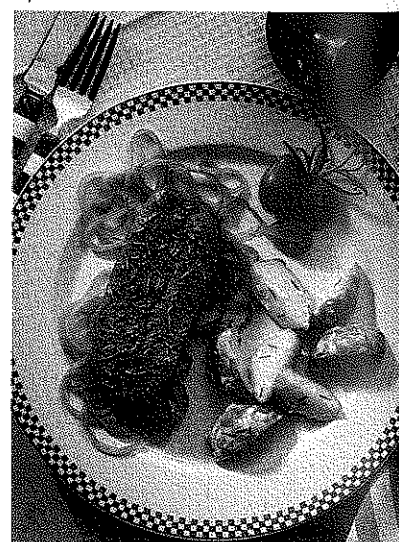
A written menu can be a useful tool in helping a meal manager reach the goal of providing good nutrition. A *menu* is a list of the foods to be served at a meal. Daily menus can help meal managers assess whether family members are getting the recommended servings from the Food Guide Pyramid.



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10-2 Foods served at breakfast, lunch, and dinner generally supply the majority of nutrient needs.

1—Reflect: How does your family feel about trying new and unusual foods?

2—Resource: *Planning for Nutrition*, Activity A, SAG.

3—Discuss: What menu combinations come to mind when you think of the following main dishes: roast beef, hamburgers, chili?

4—Resource: *Writing Menus*, reproducible master, TRB.

Some menus are planned with several courses. A *course* is a part of a meal made up of all the foods served at one time. At an elaborate dinner, appetizer, soup, salad, main course, and dessert may each be served as separate courses. At an informal supper, the salad, main dish, and dessert may all be served at the same time. An appetizer and soup may be omitted from the menu.

Generally, the best menus center on one food. In the Pyramid meal pattern, grain foods are often the largest portions on the plate. However, plain grain foods have mild flavors that can be seasoned to blend with almost any other food. Therefore, meal managers usually center their menus on a protein food instead. Foods from the meat, poultry, fish, dry beans, eggs, and nuts group often call certain menu combinations to mind. For instance, roast turkey calls to mind stuffing and yams. Baked ham may make you think of scalloped potatoes and green beans.

When planning a meal, you may find it easiest to make your menu selections in the following order:

1. Choose the main dish of the main course.
2. Select the grain foods, such as rice, pasta, or stuffing, that will accompany the main dish. You may serve bread or rolls along with or in place of other grain foods.
3. Select one or two vegetable side dishes that will complement the main dish. (Vegetables and grain foods may also be part of the main dish rather than side dishes. Casseroles and hearty soups often include vegetables and grains in this way.)
4. Choose the salad.

5. Select the dessert and/or first course. Desserts and appetizers are often good places to work a serving from the fruit group into your menu.
6. Plan a beverage to go with the meal. Fat free milk is often a good beverage choice. Serving milk is an easy way to include a food from the milk, yogurt, and cheese group in your menu.

Later sections in this chapter will give you other points to keep in mind as you choose individual menu items. Following these guidelines will help you serve meals that are appealing as well as nutritious.

Planning for Special Needs

Some people have health problems that affect their food needs. For instance, someone with heart disease may be advised to eat a diet low in sodium, cholesterol, and saturated fat. When planning meals, a meal manager must consider such special needs.

1 Initially, the meal manager and the family member with unique needs should work with a registered dietitian. The dietitian can offer guidance in meal planning. He or she can also assess whether nutrient needs are being met.

A meal manager could plan separate meals for a family member with unique needs. In most cases, however, other family members can adapt their eating habits to follow the special diet. For example, all family members can follow a lowfat, high-carbohydrate diet prescribed to someone with diabetes mellitus. Adapting family eating habits has two key advantages. First, it keeps the family member with special needs from feeling isolated. He or she will not feel deprived of foods other family members are enjoying. Second, it saves the meal manager the time and effort of planning and preparing two sets of meals. Special diets often have a third advantage of being more healthful than the family's typical diet.

Use Planned Spending

The second goal of meal management is planned spending. Nearly all families find they need to establish a food spending plan. Families in the United States spend, on the average, about 20 percent of their incomes for food. This figure varies with income level. Families with low incomes may spend as much as 50 percent of their total earnings for food. High-income families may spend 12 percent or less.

1—Discuss: Why should a meal manager initially consult with a registered dietitian when planning meals for a family member with special needs? (Most meal managers lack the expertise to plan a varied, balanced diet that will meet the health goals of a family member requiring a medical diet.)

Many factors affect a family's food needs, and household income is not the only influence on food purchases. A family must consider a variety of information when determining the amount of money they can spend for food.

Factors Affecting Food Needs

The activity, size, sex, and age of each member affect a family's food needs. It costs more to feed some people than it does to feed others because people's nutrient needs differ. It costs more to feed an athlete, for example, than it does to feed an office worker. It costs more to feed a person who weighs 250 pounds (112 kg) than a person who weighs 110 pounds (49 kg). After the age of 12, it costs more to feed boys than it does to feed girls. It also costs more to feed a teenager than it does to feed a senior citizen. See 10-3.

2 Health problems also influence food needs. A family member who is allergic to wheat or milk, for example, might need special foods. These special foods are often expensive.

Factors Affecting Food Purchases

You might think all families with similar food needs would spend the same amount of money for food. However, this is not always true. You can acquire similar quantities of nutrients at very different costs depending on the foods purchased.

3 Think of two baskets of food. One basket contains a beef rib roast, fresh asparagus, fresh oranges, bakery bread, and a frozen cake. The other basket contains ground beef, canned green beans, frozen orange juice concentrate, store brand bread, and a cake mix. Both baskets provide similar nutrients. However, the second basket will cost quite a bit less.

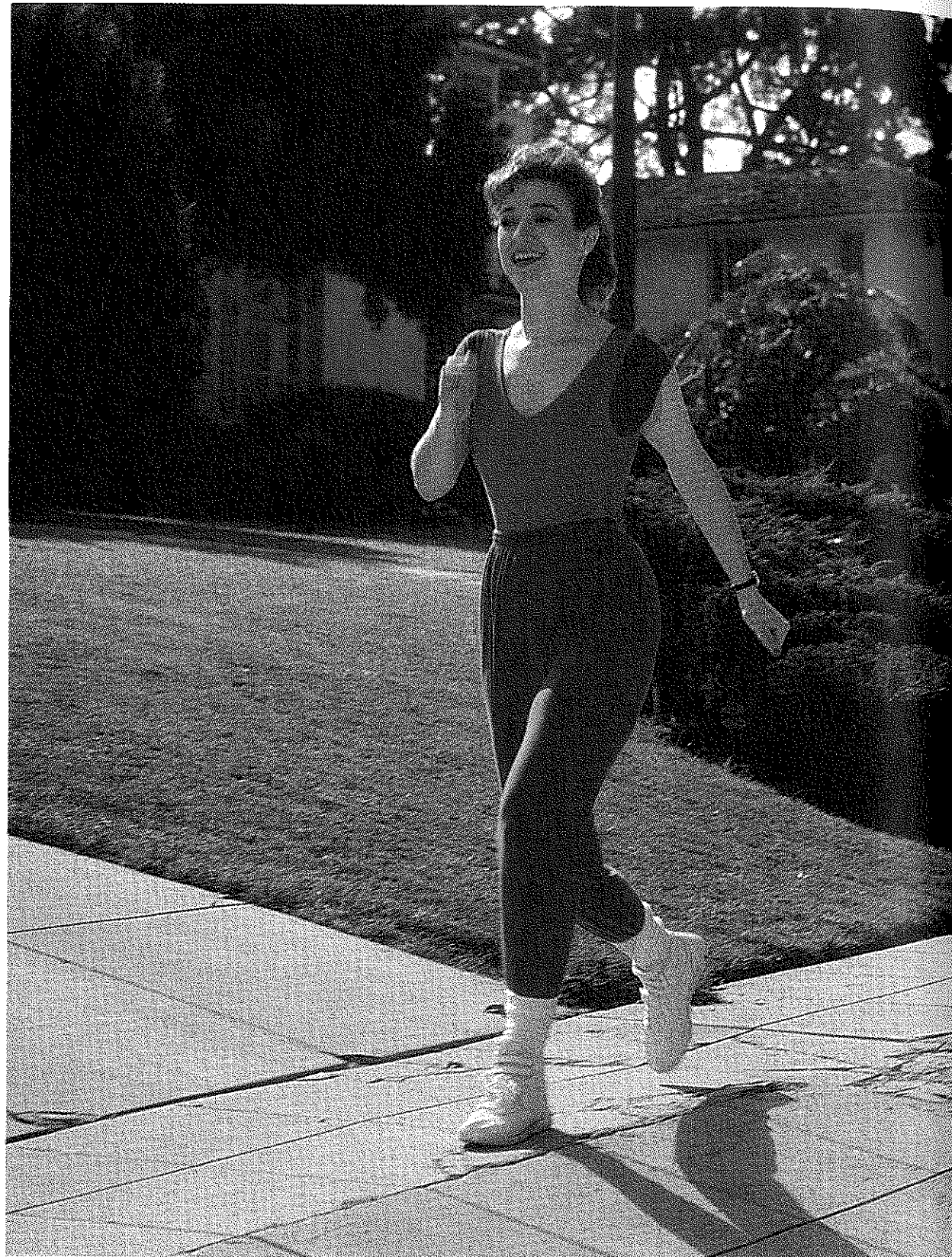
The following factors determine the amount of money a meal manager spends for food:

- family income
- meal manager's ability to choose foods that are within the family food budget
- meal manager's shopping skills and knowledge of the marketplace
- amount of time the meal manager has to plan and prepare meals
- food preferences of family members
- family values

Income is a major factor in determining the amount of money a family spends for food. Generally, as income increases, a meal manager spends more money for food. As income increases, the use of dairy products, better cuts of meat, and bakery goods tends to increase. Meanwhile, the use

2—Discuss: What kinds of health problems, other than allergies, might affect food needs? (diabetes mellitus, heart disease, cancer, HIV/AIDS, ulcer)

3—Resource: *Market Basket Comparison*, reproducible master, TRB.



10-3 Physically active people need more food energy than less active people.

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1 of less expensive staple foods, such as beans and rice, tends to decrease.

Knowing how to choose the tastiest, most nutritious foods for the money spent is an important meal management skill. A meal manager needs to know how similar products differ in quality and nutrition. He or she needs to know when buying a brand name is important. He or she should be able to identify products that contain hidden service costs. A meal manager also needs to know how to compare prices on a per serving basis. Recognizing seasonal food values and choosing quality meats and produce are other meal management skills.

The meal manager's available time and energy affect the family food budget. If these resources are limited, the meal manager will have to spend more money on convenience foods. *Convenience foods* are foods that have had some amount of service added to them. For instance, a meal manager who has ample time and energy could buy ingredients to make homemade lasagna. However, a meal manager who has little time and energy might purchase a frozen entree instead. The frozen entree costs more, but it cooks quickly and requires no preparation.

Food likes and dislikes affect spending on food purchases. A family that eats steaks and fresh produce will spend more than a family that eats casseroles and canned goods.

A family's value system affects spending. Some families view food as merely a basic need. They would rather spend their money on other goals. Other families value meals as a source of entertainment. These families are likely to spend more money for food.

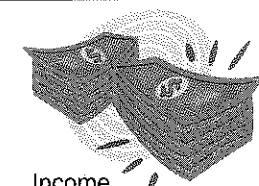
Preparing a Food Budget

2 Most families have a set amount of money that must cover many expenses. To keep from overspending in one area, such as food, they establish a household spending plan. The meal manager has a responsibility to stay within this plan.

The first step in evaluating what you can afford to spend for food is to prepare a household budget. A *budget* is a plan for managing how you spend the money you receive, 10-4. The following steps will help you prepare a budget:

1. On a piece of paper, record your average monthly income. *Income* is money received. You will probably receive most income as wages earned by working. Income also includes money you receive as tips, gifts, and interest on bank accounts. Unless you can count on receiving a set

1—Discuss: Why would the use of dairy products, quality meat cuts, and bakery goods tend to increase with an increase in income? Why would the use of staple foods tend to decrease? (Higher income makes costly dairy products, quality meat cuts, and bakery goods more afford-



Monthly Budget

Income	\$ 1350
Fixed expenses	
Rent	\$ 450
Car payment	240
Insurance premium	85
Savings	65
Flexible expenses	
Food	120
Other grocery items	30
Clothing	65
Utility bills	90
Gasoline/oil	60
Entertainment	100
Gifts and contributions	45
Total expenses	\$ 1350

10-4 Figuring your monthly budget will help you decide how much you can afford to spend for various items, including food.

amount from these sources, however, do not include them in your budget. Also, be sure to list only your take-home pay. Money deducted from your paycheck for taxes and other payments is not available for you to use for household expenses.

2. List your monthly fixed expenses and the cost of each. A *fixed expense* is a regularly recurring cost in a set amount. Fixed expenses include rent or mortgage payments, car payments, insurance premiums, and installment loan payments. You should also list savings as a fixed expense. Otherwise, you might end up spending money you intended to save.
3. List your flexible expenses and their estimated monthly costs. *Flexible expenses* are regularly recurring costs that vary in amount. Flexible expenses include food, clothing, utility bills, transportation, and entertainment.
4. Figure the total of your fixed and estimated flexible expenses. Compare this amount with your income. If your income equals your expenses, you will be able to provide for your needs and meet your financial obligations. If your income is

able. These foods may replace staple foods in the diet. Staple foods also tend to be associated with low status.)

2—Resource: Planning a Food Budget, reproducible master, TRB.

3—Math Activity: Follow the steps outlined here to prepare a budget.

greater than your expenses, you can put the extra money toward future goals. If your expenses are greater than your income, however, you will need to make some adjustments.

Reducing Food Expenses

1 You can handle a budget shortage in two ways: increasing income and decreasing expenses. Working overtime or getting another job would provide you with extra income. Looking at your current spending patterns will help you see how you can reduce expenses.

Although you cannot do much to change your fixed expenses, you can adjust your flexible expenses, including food. Save your grocery store receipts for a few weeks to see what kinds of foods you are buying.

You already know the cost of food has little bearing on its nutritional value. Each group of the

Food Guide Pyramid includes both expensive and inexpensive foods. Protein foods are the most costly, but prices of foods in this group vary widely. T-bone steak, for example, costs more than ground beef. Both, however, provide similar nutrients. See 10-5. Milk, eggs, and cheese also are protein foods. Dried milk costs less than fluid fresh milk. Medium eggs usually cost less than large eggs. Domestic cheeses cost less than imported cheeses. Dried legumes are an inexpensive source of protein that can help stretch food dollars.

2 The fruit and vegetable groups are the next most costly food groups. However, foods in these groups vary widely in price, too. Before you buy, compare prices of fresh produce with frozen and canned products. Fresh fruits and vegetables are usually economical when they are in season. During off seasons, however, canned and frozen products usually are cheaper. Grocers often price small pieces of fresh produce lower than larger



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10-5 Skilled meal managers check the meat counter. They look for the kind and cut of meat that will provide the most protein for the money.

1—Resource: *Stretching Your Food Dollar*, reproducible master, TRB.

2—Note: Remember that price is not the only factor affected by the form of food. Canning and freezing can also affect the nutritional value of fruits and vegetables.

pieces. Store brand and generic canned and frozen fruits and vegetables cost less than national brands.

The skillful meal manager also knows margarine usually costs less than butter. Unsweetened ready-to-eat breakfast cereals usually cost less than presweetened cereals. Cereals you cook yourself cost even less. Store brand bread usually costs less than brand name bread or bakery bread. Large packages usually are better buys than small packages. However, wise shoppers compare prices on a per serving basis before buying one size over another.

Convenience products and snack foods are often costly. You may be able to save money by preparing more foods from scratch and buying fewer snack foods. Using coupons and taking advantage of store specials will also help you cut costs.

Remember the grocery store is not the only place you buy food. Restaurants, concession stands, and vending machines also take a portion of your food dollar. You will need to evaluate these purchases in relation to your overall budget.

After identifying ways you can reduce food costs, determine a realistic figure for your monthly food budget. If you do your shopping weekly, divide this amount by four. Then keep careful track of your food purchases for a few weeks to see whether you are overspending. Sometimes your records may show you have spent more than your weekly budget. For instance, stocking up on sale items one week may cause you to spend more than your estimated amount. However, this may enable you to spend less money the following week.

2 Food is only one of the flexible expenses in your budget. You can take similar steps to reduce other spending areas, such as clothing, transportation, and entertainment.



Be a Clever Consumer

If you are like most people, your grocery purchases include more than just food. It may be convenient to pick up items like shampoo, lightbulbs, and 35 mm film when you are at the grocery store. However, these items generally cost less at discount stores. Therefore, unless they are on sale, you might be smart to leave these items off your grocery list.

1—Resource: *Planned Spending*, Activity B, SAG.

2—Discuss: What are some ways to reduce spending for clothing, transportation, and entertainment?

Prepare Satisfying Meals

The third goal of meal management is to prepare satisfying meals. All family members should find a meal appealing. The meal manager must work within time and money limits and around food preferences of family members. Therefore, this goal can be one of the most difficult to accomplish.

Food Preferences

3 Studies have shown people like some groups of foods better than others. They find vegetables, salads, and soups least appealing. People like breads, meats, and desserts best. Studies also show wide ranges of preferences within a liked class of foods. In the meat class, for instance, respondents listed grilled steak, fried chicken, and roast turkey as their three favorites. The least-liked foods in the same group were lamb, liver, fish, and creamed and combination dishes.

The foods you prefer to eat usually are familiar foods that taste good to you. Many factors affect food preferences. Ethnic origin, religious beliefs, socioeconomic status, and family background can affect a person's food preferences. Education, standard of living, and goals and ambitions also impact likes and dislikes.

Sight, smell, and touch influence food preferences, too. As a result, the flavor, color, texture, size, shape, and temperature of foods help determine how they are received.

Flavor

Flavor is a mixture of taste, aroma, and texture. Information about the taste of food is conveyed to the brain by nerves at the base of your taste buds. *Taste buds* are flavor sensors covering the surface of the tongue. The four basic tastes recognized by human taste buds are sweet, sour, salty, and bitter.

Some foods have one distinct flavor. Sugar, for example, is sweet. Other foods have a blend of flavors. Sweet and sour pork has the sweetness of sugar. It also has the sourness of vinegar and the saltiness of pork.

Odor is closely associated with flavor. When you like a food, it will taste even better to you if it has a good smell. For example, if you like coffee, the smell of coffee brewing will stimulate your appetite and taste buds.

Flavor should be an important consideration when planning meals. Some flavors seem to go together. Turkey and cranberry sauce, peanut butter and jelly, and apples and cinnamon are popular

3—Reflect: Which groups of foods do you like best? Which do you like least?

4—Reflect: What other flavors do you think go well together? What other flavors do you think are unappealing together?

flavor combinations. Other flavors seem to fight one another. For instance, you should not serve rutabagas and Brussels sprouts together. Their strong flavors do not complement each other.

When planning meals, do not repeat similar flavors. For instance, avoid serving tomatoes on a salad that will accompany pasta with tomato sauce. Your menus should not include all spicy foods or all mild foods. Plan to serve foods with different flavors. See 10-6.

Color

When used correctly, color not only appeals to the eyes, but also stimulates the appetite. The colors of a meal should provide a pleasing contrast, but they should not clash. For instance, if you serve tomatoes or carrots with red cabbage, the result would not be pleasing.

Garnishes can add color to a meal. A sprinkling of nutmeg on custard or paprika on cheese sauce adds a touch of color. Meal managers can use lemon wedges, green pepper strips, and parsley sprigs to add color to a plate. Spiced peach halves, orange twists, cucumber slices, and radish roses are also simple garnishes. They can add eye appeal to many foods. See 10-7.

Along with colors, the arrangement of foods on a plate affects their eye appeal. Some restaurant chefs put much emphasis on the presentation of foods. They carefully fan out meat slices to make a moderate portion look bigger. They artistically sprinkle snipped herbs or grated cheese over pasta.

They skillfully drizzle dessert sauces to write words or draw pictures.

If you are preparing a fancy meal, you may want to try some of these creative techniques. For everyday meals, however, two simple guidelines will help you present food attractively. First, avoid heaping foods on top of one another. Place foods side by side and spread them slightly to fill most of the space on the plate. Second, be careful not to smear or splash food on the edge of the plate. If you happen to drip, use a paper towel to wipe the edge of the plate before serving it.

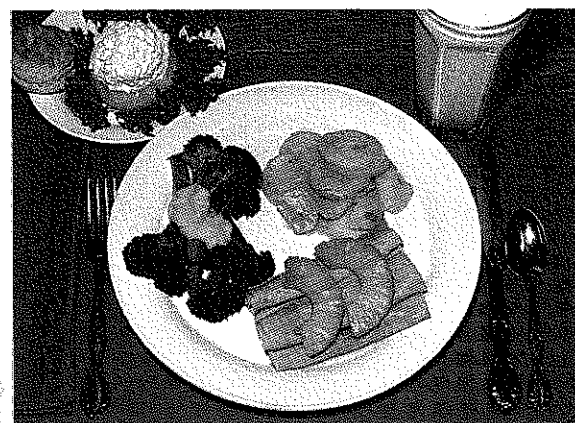
Texture

Texture is the feel of food in the mouth. Familiar food textures are hard, chewy, soft, crisp, smooth, sticky, dry, gritty, and tough. A meal made up of foods that are all soft or all crisp lacks interest. A meal made up of a variety of textures is much more appealing. See 10-8.

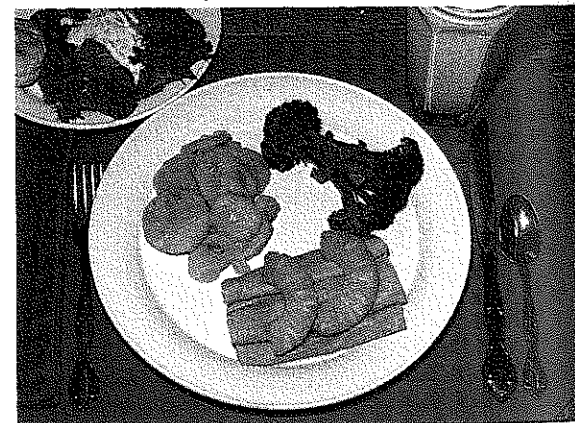
Serve foods in combinations that have texture contrasts. Crisp cookies and soft, smooth pudding is one example. You can add a small amount of one food to another food to introduce a texture contrast. For instance, tossing toasted, slivered almonds into a pan of green beans adds a pleasing difference in texture.

When planning meals, work for a balance between soft and solid foods. Be sure to consider chewy versus crunchy, dry versus moist, and smooth versus crisp. Avoid serving two or more chopped, creamed, or mashed dishes together.

Flavor



This meal repeats the flavor of cheese in the cottage cheese salad, the au gratin potatoes, and the cheese sauce. It also repeats the flavor of pineapple in the salad and the garnish.



By changing the salad to lettuce with dressing and topping the broccoli with pimento, important flavor contrasts are made.

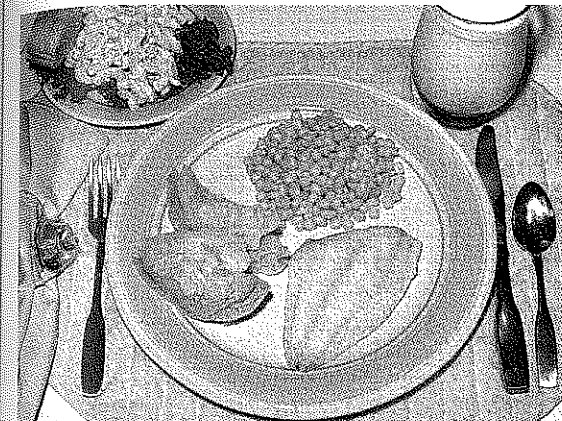
Dianne Debnam

10-6 Think about the flavors of foods that will be served together. Avoid repeating flavors when planning meals.

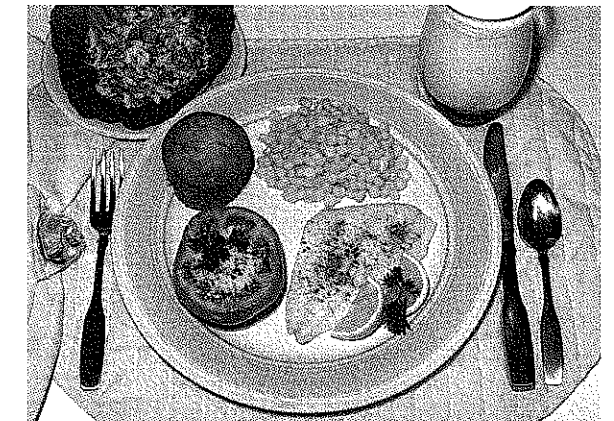
1—Example: Other examples of colorful garnishes include carrot curls, sliced hard-cooked eggs, celery fans, cherry tomatoes, pomegranate seeds, grapes, and sliced olives. When possible, choose garnishes that duplicate an ingredient in the food being garnished.

2—Discuss: What are other examples of foods with texture contrasts? (liquid soup and crunchy crackers, tender lettuce salad garnished with firm carrot slices, chewy beef or turkey with creamy gravy)

Color



Everything in this meal is pale in color.



Add color by garnishing the fish and replacing the macaroni salad with a colorful slaw. Then switch the steamed cabbage for a baked tomato.

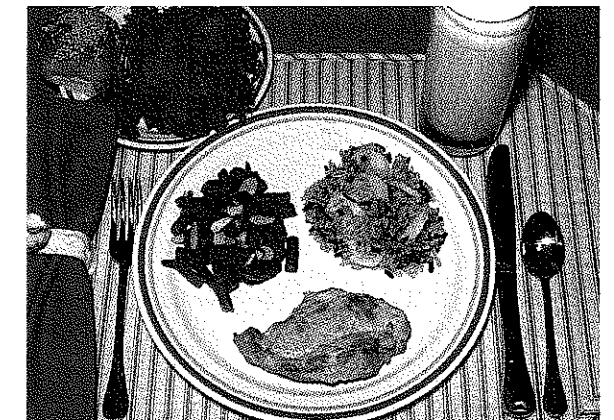
Dianne Debnam

10-7 A little garnishing and some simple substitutions make a color transformation that greatly improves the appeal of this meal.

Texture



All the foods in this meal have soft textures.



The soft yams have been replaced with crisp-tender green beans. Almonds in the green beans and water chestnuts in the wild rice add crunch. Seeds on the roll and fruit in the gelatin also add texture variation.

Dianne Debnam

10-8 Texture contrasts can be seen by the eyes and felt in the mouth.

Shape and Size

The size and shape of food items affect how appetizing they look. Avoid serving several foods made up of small pieces. For instance, spears of broccoli would be a better choice than peas to accompany a chicken and rice casserole. When choosing a salad to serve with the casserole, a lettuce wedge would be more appealing than

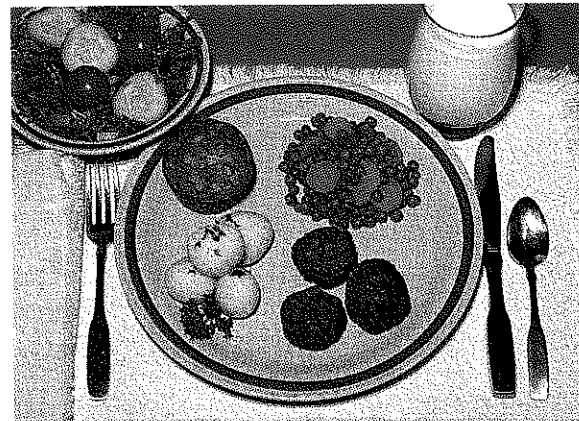
coleslaw. Choose foods with various shapes and sizes when planning meals. See 10-9.

Temperature

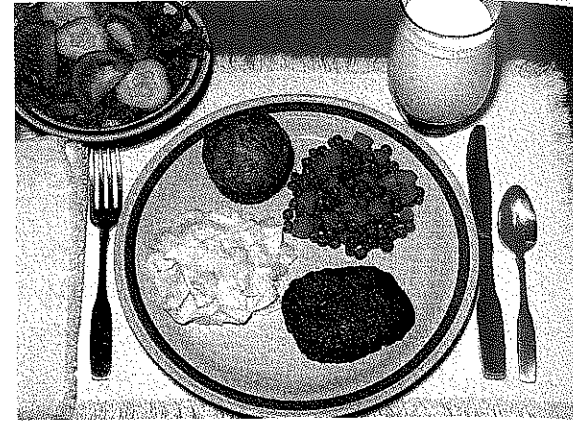
The temperature of foods can also affect appetite appeal. A cold salad, for example, provides a pleasing temperature contrast to a piping hot entree. Icy cold sherbet cools the sensation created by spicy chili.

1—Discuss: What menu items would you add to a breakfast of hot pancakes, sausage, and coffee to increase temperature variety? What would you add to a lunch of chef salad and iced tea?

Shape and Size



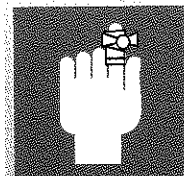
The use of so many round shapes makes this meal look boring.



Substituting noodles for the potatoes and changing the shapes of other foods make this meal look much more appealing.

Dianne Debnam

10-9 Meals look much more interesting when they include foods in a variety of shapes and sizes.



Play It Safe

Lukewarm foods are not only unappetizing, they may be unsafe. Keep foods above 140°F (60°C) or below 40°F (5°C). Foods kept between these temperatures provide an excellent medium for the growth of microorganisms that can cause foodborne illness.

1 Hot foods should be hot and cold foods should be cold. Imagine a steaming bowl of soup and the same soup barely warm. Picture a cold, crisp tossed salad next to a salad bowl filled with wilted greens. Foods served lukewarm do not usually stimulate the senses of taste and sight.

Control the Use of Time and Energy

The fourth goal of successful meal management is controlled use of time and energy. Many meal managers think of this goal before any of the others. A meal manager's lack of time for planning and preparing meals can affect decisions involving the other management goals. For example, the meal manager with little time may have to choose convenience foods. This will cause him or her to spend extra money.

1—Resource: Planning Satisfying Menus, Activity C, SAG.

Several factors help determine the amount of time the meal manager needs to plan and prepare meals. These include family size, food preferences, meal standards, budget, and the efficiency of equipment. The meal manager's knowledge and skills will affect his or her use of time, too. A meal manager will spend more time preparing meals for a large family than for a small family. A meal that provides enough leftovers to feed a small family two meals would feed a large family only once. Preparing complex dishes and five-course dinners requires more time than using convenience foods to make one-dish meals. When convenience products do not fit into the budget, a meal manager will spend more time preparing foods from scratch. Likewise, a lack of equipment can cause a meal manager to spend more time doing preparation tasks. An inexperienced meal manager may spend more time preparing meals than someone who has learned shortcuts and developed speed.

Alternatives to the Use of Time and Energy

The meal manager uses time and energy to plan menus, buy and store food, and prepare and serve meals. He or she also needs time and energy to care for the kitchen and dining area.

A meal manager can use several alternatives to time and energy. These include eating out, money, knowledge, skills, technology, and time itself.

Eating out helps many busy meal managers meet their goal to control the use of time. With a little thought, eating out can meet the other three

2—Reflect: What characteristics of your family would increase the amount of time the meal manager needs to plan and prepare meals?

meal management goals, too. Meal managers can help family members choose items from the menu that meet the goal of good nutrition. They can limit the frequency of dining out to meet the goal of planned spending. They can choose restaurants with varied menus to meet the goal of satisfying meals.

1 Money is a good alternative to time and energy for some families. However, many families find money too limited to use often as a time alternative.

When money is available, the meal manager can buy time by purchasing ready-made foods. Buying efficient kitchen appliances and hiring help are other ways a meal manager can use money as an alternative.

A meal manager's knowledge and skills can be alternatives for both time and money. A meal manager's assets include knowing when, where, or how to shop to gain the most value, 10-10. Knowing how to creatively prepare a variety of



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10-10 Knowing how to shop for the best food values is one of a meal manager's most valuable assets.

1—Reflect: How often does your family eat out as an alternative to spending time and energy to prepare meals at home?

foods and efficiently organize the kitchen are also assets. A meal manager obtains many of his or her skills through experience. He or she gains other skills by studying and asking questions.

1 Technology can be an alternative to time and energy in the kitchen. You can use a computer to help you plan menus. Menu-planning software programs often come with preplanned menus. You can use these menus as is or adapt them to reflect your personal preferences. Saving menus for favorite meals will reduce planning time in the future. You can also save recipes and shopping lists that go with the menus. When you do not have time for meal planning, you can call up a favorite menu on the computer.

A meal manager can use time itself to save time. Successful meal managers are aware of how they use time, and they look for ways to save it. Using time to organize the kitchen for efficiency can save time later when preparing meals. Using time to plan menus can save time later by helping you shop more efficiently. You can make the most of the time you spend cooking by preparing extra food to freeze for later use.

Meal managers can save time in other ways. Many meal managers keep records of good menus, recipes, and products they use when planning meals. Others keep a bulletin board in the kitchen and use it to jot down menu ideas and shopping needs.

Using Convenience Foods

Some meal managers use convenience foods to reduce or eliminate food preparation and cooking time at home. Some ready-made foods are so commonly used people do not think of preparing meals without them.

2 You can group convenience foods according to the amount of service they contain. *Finished foods* are convenience foods that are ready for eating either immediately or after simply heating or thawing. Packaged cookies, canned spaghetti, and frozen fruits are examples of finished foods. *Semiprepared foods* are convenience foods that still need to have some service performed. Cake mixes are semiprepared foods. The meal manager beats in eggs and liquid, pours the batter into pans, and bakes it for a specified time.

The cost of convenience depends on the amount of service a product contains. Generally, the more built-in service a product contains, the higher the products price will be. A product that contains more service reduces the amount of time the meal manager spends measuring, mixing, and cooking. Most convenience foods cost more than

1—Example: Modern kitchen appliances that speed food preparation tasks are another example of how technology can be an alternative to time and energy.

their homemade counterparts. However, there are some exceptions. Frozen orange juice concentrate and some commercial cake mixes cost less than their homemade counterparts.

Convenience foods have both advantages and disadvantages as explained in 10-11. Before buying a convenience product, ask yourself the following questions:

- How does the convenience food help meet my family's daily nutrient needs?
- Does buying convenience foods fit into my food budget? (Is the time I save worth the extra cost?)
- How does the cost of the convenience product compare with the cost of the homemade product?
- How costly are any additional ingredients I must add? (Some convenience mixes require the addition of foods like meat, eggs, or sour cream.)
- How much do I need to feed my family? (The cost of a convenience product may seem reasonable if you are feeding one or two people. However, it may seem costly if you are feeding three or more.)
- How do the appearance and flavor of the convenience product compare with those of its homemade counterpart?

Work Simplification

Work simplification is the performance of tasks in the simplest way possible to conserve time and energy. Work simplification techniques can

Convenience Foods	
Advantages	Disadvantages
Time and energy are saved because the meal manager does not have to measure, mix, peel, and slice.	Many mass-produced foods do not taste as good as home-prepared foods.
The inexperienced cook can prepare meals confidently.	Frequent use of convenience foods is expensive.
The meal manager who does not like to cook can prepare nutritious meals for the family without spending hours in the kitchen.	Some convenience foods are high in fat and sodium.

10-11 Before buying a convenience food, a meal manager should consider both the advantages and disadvantages.

2—Activity: Make a list of 10 finished foods and 10 semiprepared foods.

3—Resource: Convenience Comparison, Activity D, SAG.

help meal managers reach their goal for controlling the use of time. The meal manager can simplify tasks by minimizing hand and body motions. He or she can organize work space and tools. Changing the product or the method used to prepare the product can also simplify some tasks.

1 You can minimize hand and body motions in many ways. Performing a task repeatedly can eventually result in reduced preparation time. This is because the person performing the task develops a skill. A professional cook who chops celery every day soon learns an efficient method for chopping celery.

Another way to minimize motions is to rinse and soak dishes. This simplifies the task of washing dishes.

Saving yourself steps in the kitchen is a method of work simplification, too. Try not to walk

back and forth across the kitchen while preparing a meal. Instead, get all your equipment ready first. Then go to the cabinets and then to the refrigerator to get the ingredients you need.

2 An organized kitchen simplifies work. Store tools in the area where you most often use them. For instance, you can store pots and pans in a cabinet close to the range. Many experienced meal managers buy duplicates of inexpensive tools like rubber spatulas, wooden spoons, and measuring utensils. They store these tools in different parts of the kitchen where the tools will be easy to reach. By using the correct tool for each task, the meal manager can also simplify work. Measuring flour in a dry measure is much more efficient than measuring it in a liquid measure. See 10-12.

You can simplify work by changing the food product or changing the method used to prepare



10-12 Open storage that places items where a meal manager will use them organizes this kitchen for work simplification.

1—Reflect: What food preparation tasks have you learned to do more quickly with practice?

2—Discuss: How can an organized kitchen save cleanup time as well as preparation time? (Having a specific place for storing each item in the kitchen speeds tasks like emptying the dishwasher.)

1 the product. For instance, if the meal plan calls for rolled biscuits but time is short, you can make dropped biscuits instead. Making a cake from a cake mix takes less time and effort than making one from scratch. However, the results are similar.

Prepreparation is another work simplification technique. *Prepreparation* is any step you do in advance to save time when you are getting a meal ready. Chopping onions and shredding cheese might be prepreparation tasks. After completing these steps, you can put the onions and cheese in bags in the freezer. When preparing a recipe calling for these ingredients, you can quickly measure the portion you need from the freezer bag. Washing and trimming chicken, peeling oranges, and cooking rice may be other prepreparation tasks you could do.

Conserving Resources in the Kitchen

Conservation refers to the planned use of a resource to avoid waste. Human energy is not the only type of energy meal managers need to conserve in the kitchen. They also need to conserve

fuel energy, such as gas and electricity. Steps you can take to conserve energy include using the oven to cook more than one food at a time. Cover pans on the range to keep in heat. Avoid unnecessarily opening the oven door and letting out heat while using the appliance. Likewise, avoid opening refrigerator and freezer doors, which lets in heat.

Water is another resource you need to conserve in the kitchen. Avoid letting the water run while washing dishes. Run the dishwasher only when it is full.

You can also conserve resources in the kitchen by *recycling*. This means processing a material so it can be used again. Many communities collect empty metal cans, plastic bottles, and glass containers for recycling. The metal, plastic, and glass can be made into new products. Collection facilities often take cardboard from cereal, cracker, and convenience mix boxes, too. Recycling these items keeps them from taking up space in public garbage landfills. It also lessens the need for raw materials to make new products. A meal manager can easily take these steps to help care for the environment while meeting meal planning goals.

Using Workplace Skills

Emilio owns a catering business. People hire him and his staff to prepare food and bring it to their homes or rented banquet halls. Many people also ask Emilio to stay and serve the food to their party guests. Many of Emilio's clients order fancy foods, such as shrimp cocktail and exotic fruits. They want the foods to be expertly seasoned and beautifully garnished. They often insist on ordering more than enough food to feed the expected number of guests. All these factors add to the catering bill. However, most of the clients have limited budgets.

To be an effective worker, Emilio needs *competence in making good use of money*. Put yourself in Emilio's place and answer the following questions about your need for and use of this competency:

- What are four expenses you must consider when deciding how much to charge your clients?
- How might your clients react if you exceed their budgets?
- What would happen if you underestimate your expenses when billing clients?
- What is another competency you would need in this job? Briefly explain why this competency would be important.

1—Activity: Give students a list of food products and ask them to suggest comparable alternatives that would be faster and easier to prepare.

2—Activity: Make a list of all the food items on one shelf of a food storage area in your home. Place a check beside each item that is packaged in recyclable material.

Summary

Meal managers have four main goals in planning meals for their families. The first goal is to provide good nutrition for all family members. They can use a meal pattern based on the Food Guide Pyramid as a resource to help meet this goal.

The second goal is to use planned spending. A family must consider factors that affect food needs and food purchases when preparing a household budget. A meal manager can use his or her consumer skills to reduce food expenses and stay within the established budget.

The third goal of meal management is to prepare satisfying meals. Meal managers must be mindful of family food preferences to achieve this goal. They must also consider flavors, colors, textures, shapes, sizes, and temperatures of foods. This will help them plan menus that are varied and appealing.

The fourth meal management goal is to control the use of time and energy. Meal managers can use a number of resources as alternatives to time and energy. They can use convenience foods and work simplification techniques to reduce the time they spend planning and preparing meals. Meal managers can use appliances efficiently and recycle to conserve fuel energy and other resources in the kitchen.

Review What You Have Read

Write your answers on a separate sheet of paper.

- Name six resources a meal manager can use to reach goals related to preparing and serving food.
- What percent of a day's total nutrient intake do breakfast, lunch, dinner, and snacks generally supply?
- What is usually the first step in planning a menu?
- True or false. All families with similar food needs spend the same amount of money for food.
- List four factors that help determine the amount of money a meal manager spends for food.
- Describe the steps you would take to estimate the amount of money you could spend for food each week.

0—Answers: Answers to review questions are located in the front section of this TAE.

- Which of the following statements about food costs is *not* true?
 - Dried milk costs less than fluid fresh milk.
 - During off-seasons, canned fruits and vegetables cost less than fresh.
 - Store brands cost less than national brands.
 - Presweetened cereals cost less than unsweetened cereals.
- List the six elements that affect the sensory appeal of a meal. Give examples of foods that show contrast for each element.
- List four resources a meal manager can use as alternatives to time and energy.
- Convenience foods that are ready for eating either immediately or after simply heating or thawing are called ____.
- Describe three ways a meal manager can simplify tasks.
- Give two suggestions for conserving fuel energy and one suggestion for conserving water in the kitchen.

Build Your Basic Skills

- Compare the costs of foods with built-in convenience with their less convenient counterparts. Examples might include shredded cheese and bulk cheese, instant rice and long grain rice, and ready-made juice and frozen concentrate.
- Visit the school cafeteria or a nearby food service operation and observe employees involved in food preparation. How are work simplification techniques being used? How could employees use them? Report your findings to the other class members.

Build Your Thinking Skills

- Keep track of all the meals you have eaten for one week. Evaluate the meals according to the Food Guide Pyramid. If each day's meals were not nutritionally balanced, add or subtract menu items until the meals would meet each day's total nutrient needs.
- Write menus for your family's meals for a week. Attach the menus to a report analyzing how they meet the four goals of meal management.