Agenda for Monday, August 28, 2017

Today we will learn about the food groups that will lead into menu planning. Each student will need one foldable and 7 half sheets of paper. The goal is to have 10 different examples on each page

Label the foldable with **your name** and it should be titled **Meal Planning**

**Label the ½ sheets at the top:**

**Grain Group:** Cereal, rice, pasta, crackers, bread, tortillas, hot cereal 5-6 ounces daily (carbohydrates)

**Fruit group**: juice, all fruits, tomatoes 1 ½ cups daily (anything with a seed) (carbohydrates)

**Vegetable group:** 2 to 2 ½ cups daily (carbohydrates)

**Milk group:** cottage cheese, yogurt, milk, ice cream, sliced cheese 3 cups daily

**Meat , Bean, Fish, egg, and nut group:** (protein group) any fish and shellfish, steak, hamburger, hot dog, peanuts, almonds, walnuts, cashews, peanut butter, Nutella, almond milk, poultry, pork. 5 ounces daily.

**Fats, Sweets, and Oil Group**: soda – not diet, anything fried, chips, cake, cookies, 1 a day

**Combination foods:** anything that has more than one food group in the recipe