MEAL PLANNING

WHAT TO EAT
WHEN TO EAT
HOW TO EAT
What is mean planning??

- Planning
- Preparation
- Purchasing
- Serving
• While planning a family meal take into account their age & occupation

• Take the help of food guide in selecting foods

• It will help you to decide the amount of food needed for each group

• Use seasonal vegetables & fruits

• Pick the foods which add up to meet needs of various family members
• Co-operation will lead to greater acceptance & enjoyment of the meals

• Meal planning is intimately connected with food purchase

• Purchase of food depends on space & condition of storage
Objectives

• To satisfy the nutritional needs of the family members, according to their age & occupation

• Keep expenditure within your family food budget

• Decide the amount of food purchased from each group

• Consider family size, composition & food storage
Meal plan in to meal

• Prepare a food purchase list, according to family members

• Use cooking methods, which retain nutrients with palatability

• Serve meals which are appetizing & attractive

• Manage the time, energy & available materials

• Make a weekly plan for all meals, which saves time, energy & money helps you to avoid monotonous meals
Nutritional adequacy

• A good meal plan should meet nutritional needs of whole family

• This can be done by selecting foods from daily food guide
What each meal must include

- Cereals & their products: Supply proteins, B-vitamins & some minerals
- Dals, milk, egg, fish/meat: Gives energy & protein
- Sugar oils & fats: Energy, satiety, palatability
- Vegetables & fruits: Provide vitamin A&C, mineral, fibre
- Supply proteins, B-vitamins & some minerals
• Food is a basic necessity of life

• If the allowances for food is low, there is a greater need to plan meals carefully

• To ensure nutritional adequacy for each member of the family
Food cost

• Firstly decide the budget spend on food purchase

• Select foods with in the available money

• Plan meals and buy food
Economic sources of various nutrients

- Energy foods: grains and starchy roots are economical sources of food energy.
- Grains supply protein in addition to energy.
- Fats, oils, sugar & jaggery used to make food palatable & also source of energy but these are expensive.
- Butter and ghee are good sources of vitamin A.

Know the cost and select the ingredient which are rich source of energy.
Protein foods

• Dals, whole beans are the cheapest food

• Fresh fish may be available at low cost near the rivers or the seas

• Cuts of meat also can be used as protein food

• In rural places eggs & poultry is produced at home

• Milk is an important source of protein
Vegetables & fruits

• Important sources of vitamins & minerals

• Some vegetables & fruits are seasonal which are inexpensive

• Various greens are available through the year at very little cost
In rural areas

- The food budget is different than city dwellers
- They can grow vegetables & fruits needed in kitchen
- Staple foods are normally available from the farms
- They can grow dals, vegetables & fruits for home consumption
- So that the quality of their diets may improve
Factors affecting food selection

Food acceptance

Food misinformation

Tradition