OTHER ASPECTS AFFECTING FOOD SELECTION
Other factors affecting meal planning

Skill in food preparation

- Skill in food preparation is an essential part of an acceptable, enticing meal
- It is acquired by practice
- Ingenious combinations improve acceptability of food
- Make food enjoyable
Variety

The monotony in meals should be avoided

Prepare a new dish once in a week

Learn to prepare cuisines of different countries
Availability of food

• Using seasonal foods reduces cost

• Some fruits & vegetables can be grown in kitchen garden

• Some foods can be purchased soon after the time of harvest
Family size

- It affects the foods that can be served

- This affects the amount of money needed, the preparation time, and the style of table service preferred
Schedules when planning a meal pattern

- Meal times
- Number of meals eaten
- Eaten at home & outside
- If packed lunches – menus need to be modified the item to be appetizing even cold

Needs to think of the time-table of the members
Time

- Time available for meal preparation & the help available in food preparation, be it from children or hired help

- It may affect the choice of foods bought & the menu
Age group

- Family composition affects the kind & amount of food needed & the pattern of meals served
- When children are below five years, more milk is needed
- Number of meals are more
- As the child grows the meal pattern changes- school hours, packed lunch or snack
• **Adolescents** in the family need more food than adults. They need large quantities of food to support growth & their activities

• Individual variation is also great in this age group

• A number of physical, emotional & mental changes occurs

• Plan to supply sufficient amounts of proteins, minerals & vitamins in each meal with the help of recommended allowances
Middle age adults

• The basal metabolic rate starts decreasing

• The energy need decreases, but the need for other nutrients do not decrease

• Food selection is made according to daily food guide

• Number of servings depend on body size & activity of person

• Walking & yoga can help to maintain optimum health