

MEAL PLANNING ASSIGNMENT

(120 points possible: 20 points for Preliminary; 100 points for the Final)

**PURPOSE:**

- To plan **TWO** days of menus which are realistic in preparation time and meet the nutritional needs of household members
- To utilize cultural considerations in planning the **two-day** menus in order to meet the nutritional needs of the household members.

**Directions:** Select a household of a *different* cultural or ethnic background than your own. E.g. Hispanic, Asian (Chinese, Japanese, Vietnamese, etc.), African American. The understanding is that your person will eat meals - *planned by you* - for the two days. The meals will be prepared at home (**no restaurant or fast foods for the two days**), though not necessarily eaten at home. Prepare a written report containing menus for the two days, including substantiating information on the topics listed below:

- A.** For the **PRELIMINARY**, just a **BRIEF HISTORY** and description of the specific cultural or ethnic group with which you are dealing. You will include a description of typical foods and eating habits – about one page.
- A<sub>1</sub>.** For the **FINAL**: Much more in-depth, to include a discussion of the history of the cuisine, influences from religion, surrounding countries, any invasions/wars. Discuss spices, typical foods (be sure to cite references). Look to answer the question of how the culture of their foods *became* what it did. This should be between **5-10 pages**. You **MUST** cite references and follow APA formatting for in-text citations and the reference section. Professional writing style is required.
- B. Household composition:** Clearly describe the specific composition of the household, including the number and **names** of persons, **ages** in your paper. For your **project**, you will need the following information only for the person for whom you will be designing the meal plan: **HEIGHT, CURRENT WEIGHT, GOAL WEIGHT, ACTIVITY LEVEL, gender, the cultural and/or ethnic** makeup, the educational level, occupation, activity pattern [work, school, exercise], and general state of health. The general idea here is to be able to assess **resources** and **specific needs** that must be considered in planning the menus.
- C. Background, necessary for planning your approach:** Briefly describe relevant factors concerning the household in relation to the following points:
1. Describe the level of nutrition knowledge and specific nutrition practices of household members. Provide information related to food likes and dislikes, food allergies or intolerances, special dietary requirements, and nutrition problems. For example, if one member is overweight and another is underweight, how can menus be adjusted accordingly?
  2. Describe economic factors. Do they have expendable money to spend more freely on food, or must they budget carefully? (Our goal is to keep between the **LOW COST and MODERATE Food Plans**, as presented in class. This will be addressed more completely for the final.)
  3. Describe facilities for food preparation, storage, and clean up.
  4. Describe access to restaurants, supermarkets (including ethnic), and other food sources. (Are these close-by?)
  5. Discuss other factors that might relate to the meal and meal planning activities. Are there any ethnic or cultural considerations?

- D. Goals:** Establish specific goals for the 2-day meal plan, what *you* hope to teach, show your client/household members.
- E. Meal Planning:** (Your “client,” regardless of culture, is now living in the US.) You **MUST** consider your client’s culture as you plan **two** days of menus. Each day should include breakfast, lunch, dinner, and snacks. Assume that your client eats a sack-type lunch away from home on at least one of the days. Menus should be presented **in detail**, using descriptive terms and stating individual serving sizes. (E.g. 1 cup steamed white rice.) Include **culture-based recipes** for at least **FOUR** dishes.

**THE RECIPES MUST BE INCLUDED IN THIS ASSIGNMENT**, both in the preliminary report and in the final written report. **Please include recipe directions, and citations for sources of recipes.**

**\*\*Meals are *not* recall. YOU**, as the **nutrition expert**, are planning the meals FOR the household. Meals should be planned and attention should be given to **cultural needs, color, texture variation, smell, and plate appearance. Please – no sodas.**

**\*\*\*It is necessary that you be familiar with the cultural, ethnic history and its influences on the cuisine. You must adhere to the cultural needs of your household, and mold the Nutritional Guidelines so that ethnic foods are used to meet the nutritional needs.**

**\*\*\*\*A rough draft** (Preliminary Report) of the information *up to this point* (Sections A-E) will be brought in to discuss with your partner **NEXT WEEK!** This is worth 20 of the 120 total points.

**\*\*\*\*\***Included in the **final report**, besides a polished, **finished** version of the above information will be:

- F. Nutrient Evaluation:** Menus should be planned using the USDA Dietary Guidelines and considering any special dietary and cultural needs, as stated in Section D. Analyze the two days of menus using the microcomputer program available for assessing nutritional intake (Food Processor). Perform a nutrient analysis for only **ONE** of your household members. Compare nutrient analysis and RDAs for that person. Study the results and summarize the information. Appropriate evaluation is critical to understanding the purpose of the assignment.

**NUTRIENTS TO ADDRESS? THINK: FOOD LABEL.**

- |                   |                  |
|-------------------|------------------|
| *KCALS            | *mg sodium       |
| *g fat            | *g CHO           |
| *g saturated fat  | *g dietary fiber |
| *g trans fat      | *g protein       |
| *mg cholesterol   | *mg folacin      |
| *Vitamins A and C |                  |
| *Calcium and Iron |                  |
- \*Ratios & Percents Calories from Fat, CHO, Protein**  
(with comparison to your client)

**DO YOU HAVE ALL OF THE PRINTOUTS?** (The final count)

For EACH of the **FOUR** recipes, you need:

- 1 FOODLIST (per recipe = 4)**
- 1 LABEL DISPLAY (per recipe = 4) (= Nutrition Facts Food Label)**
- 1 MULTICOLUMN (per recipe = 4)**
- 1 SPREADSHEET (per recipe = 4)**

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For your client's **2-DAY AVERAGE**, you need all of the following reports:

- PERSONAL INFORMATION: Name, age, ht, wt, activity level**
- 2-DAY Dietary Intake (foodlist)**
- RECOMMENDATIONS** (Which is the **PROFILE** w/ RDAs for your person.)
- WEIGHT GAIN/LOSS, if applicable**
- BAR GRAPH with COMPARISON for your client**
- % CALORIES FROM PIE CHART (% cals from protein, carbohydrates, fat)**
- 1 CHOOSEMYPLATE** and finally...
- 1 SPREADSHEET** (Printed from the **Reports PLUS**)

G. **Cost Evaluation:** As mentioned, cost should fall between Low-to-Moderate Cost Food Plans. Calculate and evaluate the cost of the menus for your person. Cost must be presented using a format to be presented in class. Assume all meals are prepared at home. Compare food costs with the most current figures (will be provided by instructor). Evaluate in detail. Two handy websites:

<http://www.fareshare.net/conversions-volume-to-weight.html>  
<http://www.angelfire.com/bc/incredible/weightmeasure.html>

**SUGGESTED TIMELINE:** The student is expected to work on this *assignment over several weeks*, both during class sessions and outside. Use the following dates as your **guidelines:** (Note: You will only be turning in papers for Week 3 and Week 10.)

\*Week 2: Preliminary Report (20 points)-**DUE to work on in class.** Bring in **two** copies of the **TYPED** Preliminary Report from steps A-E. Must be detailed menus, **recipes, serving sizes.**

**Week 3: Preliminary plan (1 per group) is DUE. Accept TYPED only.**

Week 4: PROFILE and recipe analyses done.

Week 6--Nutrient Analysis and Evaluation should be almost completed.

Week 8--Food Cost and Evaluation of cost levels should be almost completed.

**\*Week11--FINAL PAPERS ARE DUE; Proper APA format is mandatory.**