

Lesson 2 – Meal Planning

Purpose: To teach meal planning.

Instructor’s Note: Some things to consider when planning menus:

- *Canada’s Food Guide* – consider the needs of everyone who will be eating.
- Food likes and dislikes of family members.
- Budget – choose foods that learners can afford or look for sales in grocery flyers and coupons.
- Time – have learners plan simple recipes for a busy day or teach them to prepare foods ahead of time.
- Cooking ability and interest – choose simple recipes if learners don’t like to cook or are not good at it.
- Lifestyle – personal activities and meal patterns can affect food choices.
- Availability of foods – choose foods that are readily available or in season.
- Leftovers – teach learners to plan to use leftovers. For example: add leftover vegetables, rice or pasta to soups and casseroles to save money and avoid wasting food.

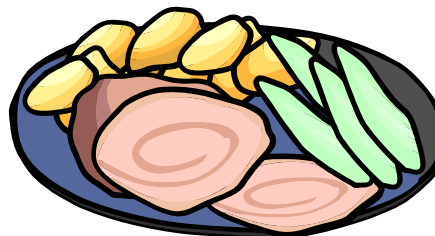
Tip: Find simple recipes in newspapers, cook books from the library, magazines and the internet

**You will need
for Activities 1 and 2:**
Flip chart or white board
Copies of *Canada’s Food Guide to Healthy Eating*

Activity 1

Literacy Stage 1

1. Ask learners what they think the advantages of menu planning are. List their answers on a flip chart or white board.
2. Hand out [Activity Sheet 2.2: Use Your Favourite Foods to Plan Meals](#). Ask them to list their favourite foods in each food group. List combination foods by food group. For example, macaroni and cheese – list the macaroni in the *Grain Products* column and cheese in the *Milk and Alternatives* column.
3. Ask learners to use this list to plan a menu for two days.



Developed by
Basic Skills for Living Project
Manitoba Association of Home
Economists – Winnipeg Branch
Box 1961
Winnipeg MB
R3C 3R2 Canada

e-mail:
info@basicskillsforliving.ca

Lesson 2 – Meal Planning continued...

Activity 2

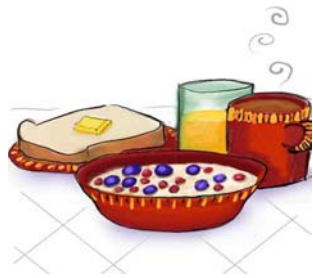
Literacy Stage 2

1. Divide learners into groups of two to three.
2. Give each group a food flyer or newspaper ad. Ask learners to work together to plan a two day menu using foods that are in the flyers.
3. Discuss the menus. Are there foods from all four food groups? For new Canadians, are there any traditional foods in the flyer or any foods from other cultures that they have never tried?

Activity 3

Literacy Stage 3

1. Hand out a sample menu from a magazine or cookbook.
2. Ask learners the following questions, do one question at a time.
 - Are there foods from all four food groups in *Canada's Food Guide* in the menu? If not, which groups are missing?
 - Do you like all the foods on the menu?
 - Can you afford to buy the foods on this menu?
 - Do you have time to make the foods on this menu?
 - Are the recipes too hard for you to make?
 - Are the foods available at this time of year and where can you buy them?
3. Ask learners to write a menu that would have balanced meals (see Lesson 1) for one day. Discuss their menu plan.



**You will need
for Activity 3:**

Food flyers or newspaper ads
Menus from magazines or cookbooks
Copies of *Canada's Food Guide to Healthy Eating*



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Manitoba Association of Home Economists – Winnipeg Branch
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