

meals in  
minutes 

# Meal Planning

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

## Review

Directions: After watching "Meal Planning" answer the following questions.

1. Where can you get ideas for meals from?
2. When cooking for other people, what should you take into consideration while planning?
3. When planning meals, what should you consider about ingredients?
4. Why should you make a grocery list?
5. Clipping coupons \_\_\_\_\_ .
6. Why does Stevie slice the carrot thinly?

7. Food leftover to be used as an ingredient in another meal is called a \_\_\_\_\_ .

8. What is buffet style serving?

9. What is family style serving?

10. What is plate service?

## Chicken Noodle Soup

4 cups chicken broth  
Generous dash of ground black pepper  
1 medium carrot, sliced (about  $\frac{1}{2}$  cup)  
1 stalk celery, sliced (about  $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  cup uncooked medium egg noodles  
1 cup cooked chicken

1. Mix broth, black pepper, carrot and celery in saucepan. Heat to a boil.
2. Stir in noodles and chicken. Cook over medium heat 10 minutes or until noodles are done.

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Meal  
Planning

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

TEACHER'S KEY

## Review

Directions: After watching "Meal Planning" answer the following questions.

- Where can you get ideas for meals from?  
*Friends, cooking shows, cookbooks, restaurants, experimenting*
- When cooking for other people, what should you take into consideration while planning?  
*Who is eating?*  
*What can't they eat?*  
*What do they like?*
- When planning meals, what should you consider about ingredients?  
*Expiration dates, what you have on hand, what is in season, ingredients for multiple meals*
- Why should you make a grocery list?  
*Prevent impulse buys*  
*Shopping easier and quicker with a list grouped by location in the store*
- Clipping coupons \_\_\_\_\_ saves money \_\_\_\_\_.
- Why does Stevie slice the carrot thinly?  
*The carrot is thinly sliced so that it cooks quickly.*

7. Food leftover to be used as an ingredient in another meal is called a planned over.

8. What is buffet style serving?

*Walk through a serving line of food and taking as much as you would like to eat.*

9. What is family style serving?

*Food is passed around the table from left to right (counter clockwise).*

10. What is plate service?

*Plate is prepared and brought to the table like in a restaurant.*

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