



New London County 4-H Food Show

Menu Planning Worksheet



Club/Individual Name: _____

Table Theme/Name: _____

- ✿ Plan meals for one day, including snacks, in the menu table.
- ✿ Transfer all foods into the “One Day of Food & Drink” and include serving size.
- ✿ Calculate the number of servings of each food group in the last row.
- ✿ Check to see if your menu is balanced with the recommended number of servings each day.
- ✿ Visit <http://myplate.gov/> for more information on eating healthy.
- ✿ Choose the meal you will be cooking for the Food Show (juniors only clubs may choose snacks)

Your menu for one day			
Breakfast	Lunch	Dinner	Snacks

Your One Day of Food and Drink						
Recommended servings/day	Vegetable 2 ½ cups	Fruit 1 ½ cups	Proteins 5 ½ ounces	Dairy 3 cups	Grains 6 ounces	Oils 6 teaspoons
Example: Breakfast		½ c grapes		½ c low fat milk 1 string cheese	1 c cheerios	½ tsp sugar
Breakfast						
Lunch						
Dinner						
Snacks						
Total Daily Servings						

Menu Writing

Your menu should:

✿ Have Meal Appeal

Colors: avoid clashing, unpleasant, or all the same color
 Flavors: sweet, sour, tart, and/or salty
 Textures: soft, crisp/crunchy, chewy, hard, and/or soft
 Shapes & Sizes: avoid too many of the same or similar

✿ Be Practical

Preparation time
 Energy Use
 Cost per serving
 Family likes & dislikes

Samples

Your menu for one day

Breakfast	Lunch	Dinner	Snacks
Banana Scrambled egg Low fat milk Wheat toast Jelly	Mixed greens salad with tomatoes Salad dressing Grilled Mexican chicken orange low fat milk	Grilled pork chop Baked potato Steamed Green beans Small Whole wheat dinner roll Butter Sour cream low fat milk	Carrots & Celery Sticks Cookie Apple

Your One Day of Food and Drink

Recommended servings/day	Vegetable 2 ½ cups	Fruit 1 ½ cups	Proteins 5 ½ ounces	Dairy 3 cups	Grains 6 ounces	Oils 6 teaspoons
Example: Breakfast		½ c grapes		½ c low fat milk 1 string cheese	1 c cheerios	½ tsp sugar
Breakfast		½ banana	1 egg-scrambled	4 oz low fat milk	1 slice wheat bread	1 tsp jelly
Lunch	2 c mixed green lettuce ½ tomato	½ orange	2 oz grilled Mexican chicken	8 oz low fat milk		1 tbsp dressing
Dinner	½ c green beans Sm. potato		2 oz pork chop	8 oz low fat milk	1 sm. Wheat dinner roll	1 tsp butter 1 oz sour cream
Snacks	1 c carrot & celery sticks	½ apple				2 Chips Ahoy
Total Daily Servings	4	1 ½	5	2 ½ c	2 oz	5 tsp