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Planning Meals



EXTENSION SERVICE
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE
COOPERATING WITH THE U.S. DEPARTMENT OF AGRICULTURE
AND THE COLLEGE OF HOME ECONOMICS.
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PLANNING MEALS

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How can you serve meals that are nutritious, that stay within the budget, yet satisfy the likes and dislikes of your family? This is a problem many homemakers face. To do this effectively, you should know basic food needs, you should have some skill in planning and you should be able to carry out your plans.

WHAT YOU WANT TO ACHIEVE

Provide Adequate Nutrition

A daily food plan is a good guide to follow in planning for adequate nutrition. This food plan includes milk, meat, fruits, vegetables and bread or cereals. The meals may be light, medium or heavy to meet the needs of the family. These needs will vary according to the season of the year, the activity, the age and sex of the family members. A suggested order for planning is breakfast first, lunch or dinner (noon) second, and supper last.

Use Only a Fair Share of Family Income

Families have so many wants that to satisfy only some of them limits need to be set on what is spent. The average amount spent for food in the United States is about 20% of the income. Differences in amounts will depend upon values. Perhaps you want fine food more than other things, or you may prefer to economize on food so that you may enjoy travel, a new home or another car.

Menus are usually planned to include some less expensive food items. These can be found in each of the food groups. Foods in season also cost less and have better flavor. By comparing the cost per serving of fresh, canned or frozen food, you can make an economical choice.

Provide Appealing Meals

You cannot have successful meals unless you consider other factors also. For interesting and attractive meals, plan for the following qualities:

1. Contrast in flavor.

Combine foods that are strong in flavor with some that are mild. To repeat flavors in a meal is a common mistake in menu planning.

2. Contrast in texture.

Texture refers to softness, crispness, smoothness, dryness or moistness. A meal becomes more palatable when there is some contrast of texture. Over-cooking tends to make textures soft.

3. Pleasing natural color.

Color combinations of food help to make meals attractive and enjoyable. Use restraint with artificial coloring so food appears natural.

4. Other qualities for appealing meals.

- a. Variety in form and shape of food.
- b. Different methods of preparation.
- c. Contrasting hot and cold foods.
- d. Combination of light and heavy foods.

Make Good Use of Time and Energy

Plans for preparing food are made in relation to the time set for serving the meal. Many foods can be prepared ahead of time. Others need last minute preparation to be served at their best. Steps in forming a workable plan:

1. Determine all activities necessary in preparing a meal.
2. Determine the sequence in which these should be done.

3. List those activities in sequence as a plan of work and place this plan where it can be easily seen. With experience the whole procedure of meal preparation becomes routine and you rarely need to write out any plan, except for special meals.

THE MENU FORM

In writing menus, decide first what the main dish of the main course will be. Next select the dishes that will accompany the main dish. Then plan for other foods such as a first course, dessert or beverage.

It has become traditional in writing menus to follow a certain pattern. In this pattern, foods are listed with their accompaniments in the order they are served. Sufficient detail is given so someone else will know exactly what has been planned.

A sample menu is given below.

	Meat Loaf with Brown Gravy	
Mashed Potatoes		Buttered Carrots
	Sour Cream Cole Slaw	
	Hot Biscuits	
	Prune Whip	
Milk		Coffee

MEAL PATTERNS

Families usually eat three meals a day. The food may be divided evenly or one heavy meal may be served with two lighter ones. The heavy meal may be at noon or in the evening. You will find it more satisfactory in planning meals to adopt a pattern that suits your family. One example would be a moderate breakfast, a light lunch and moderately heavy dinner.

<u>Meal</u>	<u>Light</u>	<u>For more filling meal add one or two of these</u>
Breakfast	Fruit or Juice Bread or Cereal Beverage	Cereal and Milk Egg Egg and Meat Meat Potatoes
Lunch	Main Dish Vegetable or Fruit Bread and Butter Beverage	Vegetable Fruit Dessert
Dinner	Main Dish Two Vegetables OR 1 Fruit and 1 Vegetable Bread and Butter Beverage	Soup Potato Other Starchy Food Vegetable Fruit Dessert

SELECT FOOD ITEMS FROM THESE LISTS

Fruit or Juice with Vitamin C

Whole orange
Half grapefruit
Tangerines
Strawberries
Cantaloupe

Watermelon
Orange juice
Grapefruit juice
Tomato juice

Other Fruits for salad, dessert or snacks

Apricots
Apples
Bananas
Blueberries
Raspberries
Cherries
Cranberries
Grapes

Pears
Peaches
Pineapples
Plums
Rhubarb
Dates
Prunes
Raisins

Main Dishes

Cheese
Eggs
Dried peas and beans
Peanut butter

Soups with meat
Fish chowder
Macaroni and cheese
Tuna and noodles
Baked beans
Hamburgers or hot dogs
Meat loaf

All kinds of meat, poultry
and fish
beef chicken tuna
pork turkey sardines
lamb duck fresh
rabbit goose fish

Sandwiches made with
cheese, peanut butter,
egg, or cold meat
Salads with meat, fish,
egg or cheese
Stews with beef, chicken,
lamb or veal
Boiled beans or peas with
pork
Variety meats
Sausage

Vegetables

dark green and deep yellow

Asparagus
Broccoli
Carrots
Greens
Spinach

Green pepper
Winter squash
Pumpkin
Sweet potatoes
Tomatoes

Other Vegetables

Green and wax beans
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Corn
Cucumbers
Eggplant
Lettuce

Onions
Parsnips
Peas
Potatoes
Rutabaga
Radishes
Sauerkraut
Summer squash
Tomatoes
Turnips

Bread and Cereals

Add jelly, jam, honey or sirup
cream or milk

Enriched bread or toast

French toast

Crackers

Muffins

Biscuits

Rolls

Waffles

Pancakes

Rice

Dry cereal

Cooked cereal

Potatoes: baked, boiled, fried, mashed, salad, scalloped,
French fried, creamed.

Starchy foods: macaroni, noodles, spaghetti, cornmeal.

Desserts: fruit, cobblers, cookies, cheese and crackers,
puddings and ice cream.

Beverage: be sure that everyone gets enough milk during the
day. Include it in puddings, soups, casserole
dishes and add extra dry milk in baking.



GARNISH YOUR FOOD GAILY

Arrange food with imagination!

1. Choose the plate carefully. The dish as well as the
food can be effective.

2. Always leave some of the plate showing. It provides
a frame for the food.

3. Let your garnish provide color contrast. Make it
pretty but not gaudy.

For Meat, Poultry or Fish:

Apricots, studded with almonds	Tomato wedges with
Broiled banana halves	snipped chives
Mint or currant jelly	Pineapple halves
Pickled crab apples	Twisted orange slices
Browned, buttered mushrooms	French fried onions
Peach halves, topped with	Green pepper rings
chili sauce	Watercress

For Soup:

Slivered almonds, croutons or	Whipped cream with
popcorn	horseradish
Crisp ready-to-eat cereal	Paper thin carrot,
Potato chips	radish or celery
Browned onion rings	slices
Grated cheese	Minced parsley or
	chives
	Paprika or pimento
	Chopped ripe olives

For Salad:

Crisp bits of bacon	Pomegranate seeds
Grated cheese	Whipped cream
Potato or corn chips	Nutmeats
Watercress or parsley	Dried coconut
Pickled beets	Pickles or capers

For Sandwiches:

Cucumber, tomato or onion	Sliced sweet or dill
slices	pickles
Ripe, green or stuffed olives	Cheese balls rolled
Celery curls and radish roses	in nuts
Hard-cooked egg wedges	Stuffed dates and
	prunes
	Strips of red or green
	peppers

FOODS THAT GO WELL TOGETHER

Meat	Sauces	Vegetables	Salad	Bread	Desserts
Beef	Horseradish	Baked Potato Browned potato Corn Mushrooms Fried onion rings Cauliflower	Mixed greens	Muffins	Fruits Apple pie Boston cream pie Cherry tarts
Pork	Apple sauce	Sweet potatoes Baked potatoes Sauerkraut Baked beans Lima beans Brussels sprouts	Waldorf	Steamed browned bread	Baked apple Apple betty Jelly roll
Ham	Mustard Horseradish Raisin Cider	Sweet potatoes Creamed potatoes Corn pudding Asparagus Peas	Pineapple Cabbage Slaw Potato	Corn bread Rye bread Cheese Biscuits	Raisin tarts Pumpkin pie Custard Gingerbread
Lamb	Mint Curry Currant	Parsley potatoes Creamed potatoes Asparagus Carrots Minted peas Green beans	Head lettuce Mixed fruit	Whole wheat rolls	Rhubarb Fruit ice or sherbet Fruit gelatin
Poultry	Cranberry Mushroom	Mashed potatoes Sweet potatoes Squash Onions Asparagus Corn	Celery hearts Orange and grapefruit	Hot biscuits Dumplings Dressing	Fruit short cake Ice Cream Chocolate cake
Veal	Currant	Creamed potatoes Egg plant Cauliflower Tomatoes Mushrooms	Tomato Fruit	Raisin Nut	Fruit cobbler Prune whip Fruit gelatin
Fish	Tartar Hollandaise Egg Lemon Tomato Parsley Butter	Creamed potatoes Mashed potatoes French fried potatoes Tomatoes Broccoli Spinach Harvard Beets	Tomato aspic Jellied vegetable	Hard rolls Corn bread	Sherbet Lemon pie Tart fruits