1967

EC67-945 Planning Meals

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Planning Meals
PLANNING MEALS

Ethel Diedrichsen
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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.

<table>
<thead>
<tr>
<th>Meat Loaf with Brown Gravy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mashed Potatoes</td>
</tr>
<tr>
<td>Buttered Carrots</td>
</tr>
<tr>
<td>Sour Cream Cole Slaw</td>
</tr>
<tr>
<td>Hot Biscuits</td>
</tr>
<tr>
<td>Prune Whip</td>
</tr>
<tr>
<td>Milk</td>
</tr>
<tr>
<td>Coffee</td>
</tr>
</tbody>
</table>

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

**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

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

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

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.

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**GARNISH YOUR FOOD DAILY**

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:

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots, studded with almonds</td>
<td>Tomato wedges with snipped chives</td>
</tr>
<tr>
<td>Broiled banana halves</td>
<td>Pineapple halves</td>
</tr>
<tr>
<td>Mint or currant jelly</td>
<td>Twisted orange slices</td>
</tr>
<tr>
<td>Pickled crab apples</td>
<td>French fried onions</td>
</tr>
<tr>
<td>Browned, buttered mushrooms</td>
<td>Green pepper rings</td>
</tr>
<tr>
<td>Peach halves, topped with chili sauce</td>
<td>Watercress</td>
</tr>
</tbody>
</table>

For Soup:

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slivered almonds, croutons or popcorn</td>
<td>Whipped cream with horseradish</td>
</tr>
<tr>
<td>Crisp ready-to-eat cereal</td>
<td>Paper thin carrot, radish or celery slices</td>
</tr>
<tr>
<td>Potato chips</td>
<td>Minced parsley or chives</td>
</tr>
<tr>
<td>Browned onion rings</td>
<td>Paprika or pimento</td>
</tr>
<tr>
<td>Grated cheese</td>
<td>Chopped ripe olives</td>
</tr>
</tbody>
</table>

For Salad:

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisp bits of bacon</td>
<td>Pomegranate seeds</td>
</tr>
<tr>
<td>Grated cheese</td>
<td>Whipped cream</td>
</tr>
<tr>
<td>Potato or corn chips</td>
<td>Nutmeats</td>
</tr>
<tr>
<td>Watercress or parsley</td>
<td>Dried coconut</td>
</tr>
<tr>
<td>Pickled beets</td>
<td>Pickles or capers</td>
</tr>
</tbody>
</table>

For Sandwiches:

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumber, tomato or onion slices</td>
<td>Sliced sweet or dill pickles</td>
</tr>
<tr>
<td>Ripe, green or stuffed olives</td>
<td>Cheese balls rolled in nuts</td>
</tr>
<tr>
<td>Celery curls and radish roses</td>
<td>Stuffed dates and prunes</td>
</tr>
<tr>
<td>Hard-cooked egg wedges</td>
<td>Strips of red or green peppers</td>
</tr>
<tr>
<td>Meat</td>
<td>Sauces</td>
</tr>
<tr>
<td>------</td>
<td>--------------</td>
</tr>
<tr>
<td>Beef</td>
<td>Horseradish</td>
</tr>
<tr>
<td>Pork</td>
<td>Apple sauce</td>
</tr>
<tr>
<td>Ham</td>
<td>Mustard, Horseradish, Raisin, Cider</td>
</tr>
<tr>
<td>Lamb</td>
<td>Mint, Curry, Currant</td>
</tr>
<tr>
<td>Poultry</td>
<td>Cranberry Mushroom</td>
</tr>
<tr>
<td>Veal</td>
<td>Currant</td>
</tr>
<tr>
<td>Fish</td>
<td>Tartar, Hollandaise, Egg, Lemon, Tomato, Parsley, Butter</td>
</tr>
</tbody>
</table>