

Lesson Number	Title of the Lesson	Skills	Activity
5	Meal Planning	Creative thinking Decision Making	Plan a day's menu for your family keeping the rules of Meal Planning in mind
		Problem solving Critical Thinking	

Summary:

The nutritional adequacy of a meal is very important for good health. The meals have to be planned so that they provide all the nutrients in the desired amount. To ease the process of planning, all foods have been categorised into groups called 'Food Groups'. A food group consists of a number of food items sharing some common characteristics like function or nutrient content. A five-food group system is usually followed. These food groups assist in food substitution in which one food item can be substituted with another and the nutrient content remains the same. Knowledge of food groups help in the planning a balanced diet. Since meal planning is done keeping the requirements of all the family members in mind the need of diet modification arises. Diet Modification means modifying the normal diet to meet the specific requirements of small children, the elderly, the pregnant and lactating women in the family. A normal diet can also be modified to meet the requirements during specific conditions like hypertension, diabetes, etc and during illness like diarrhoea, jaundice, fever, etc. Modified Diets which are given in specific illnesses are termed as Therapeutic Diets.

Principal Points

Classification of Food Groups

On the basis of functions	On the basis of nutrients
• Energy	• Carbohydrates
• Growth	• Proteins
• Protection	• Fats
	• Vitamins & Minerals

Build your understanding

1. Five Food group system

Food Groups	Main Nutrients
1. Cereals & Grains	Carbohydrates, Proteins, B Complex Groups of Vitamins, Fibre
• Whole grains & flour of rice, wheat, bajra, jowar, maize	
• Barley & rice Flakes	
2. Pulses & Legumes	Proteins, Carbohydrates, folic acid, Iron, calcium & fibre
• All Dals	
• Peas, Beans, Soya beans	
• Rajma, Black gram, Bengal gram	
3. Meat & Milk products	Proteins, fats, calcium, vitamin A, Vitamin B2, B12 & Iron
• Milk, Cheese, Curd	

<ul style="list-style-type: none"> • Meat, Fish, Poultry, Eggs 	
4. Fruits & vegetables	Vitamins & Minerals
<ul style="list-style-type: none"> • Roots & Tubers 	
<ul style="list-style-type: none"> • Leafy vegetables 	
<ul style="list-style-type: none"> • Other vegetables 	
<ul style="list-style-type: none"> • All fruits 	
5. Fats & Sugars	
<ul style="list-style-type: none"> • Butter, Ghee, Oils 	Fats & Fat Soluble vitamins
<ul style="list-style-type: none"> • Sugar & Jaggery 	Simple Carbohydrates

2. Characteristics of a balanced Diet

- Meets the nutritional requirements of all family members
- Includes foods from all food groups
- Provides variety in colour, taste and texture
- Utilization of seasonal fruits
- Economical
- Caters to likes & dislikes

What is Important to Know

1. Advantages of Meal Planning:

- Fulfils nutritional requirements of every member of the family
- Caters to food preferences
- Makes meals economical
- Saves time, energy and fuel
- Ensures utilization of leftover food

2. Factors affecting Meal Planning:

- Nutritional Adequacy
- Age
- Sex
- Physical Activity
- Economic considerations
- Consideration for time, energy and skill
- Seasonal availability
- Religious, Regional, Cultural patterns, traditions and beliefs
- Variety in taste, colour and texture
- Individual preferences
- Satiety value

Did you know:

1. Diet Modification

Qualitative	Quantitative	Frequency based
<ul style="list-style-type: none"> Change in nutrients 	<ul style="list-style-type: none"> Increase or decrease in the portion or size of helping 	<ul style="list-style-type: none"> Increase or decrease in the number of times meals can be served
<ul style="list-style-type: none"> Consistency 	<ul style="list-style-type: none"> e.g. Small portions for old people, large portions for adolescents and growing children 	<ul style="list-style-type: none"> e.g. more meals for small babies and old people, less for adults
<ul style="list-style-type: none"> Flavour and amount of spices 		
<ul style="list-style-type: none"> Fibre content 		
<ul style="list-style-type: none"> e.g. Khichdi for old people, dal without spices for babies 		

2. Food Exchange

- Adds variety
- Caters to individual preferences
- Food from the same group can be exchanged without disturbing the nutrient value of the diet
- Example: 1tsp of butter=1tsp of oil=2tsp of mayonnaise=4-5 pieces of nuts=10-12 pieces of ground nuts=5 tsp of cream

Extend your Horizon

Characteristics of Therapeutic Diet:

- A modification of meal what others are eating in the family
- Easy to prepare
- Attractive & Appetising
- Individual preferences to be taken into consideration
- Nutrient contents according to requirement
- Consistency modified according to condition of the patient
- Frequency according to acceptance of food

Evaluate yourself:

- Modify the daily diet served in your home for an adolescent girl.
- Name two food preparations which can be given as packed lunch to a 10-year-old child.

Maximize your marks:

- Attempt all the exercises given in the lesson.
- How is Meal Planning helpful for a working woman? Give four reasons.