



TRIAL # 2

Date: _____

Requirement for Success: _____

Instructions: You are to plan three meals per day for an adult man. Fill in the blanks with foods of your choice from the Food List.

Breakfast:

Orange juice

Milk

Two items from the Bread & Cereal Group: _____

Coffee

Lunch:

One item from the Meat Group: _____

One item from the Vegetable & Fruit Group: _____

Bagel

One item from the Milk Group: _____

Dinner:

One item from the Meat Group: _____

One item from the Bread & Cereal Group: _____

Two items from the Vegetable & Fruit Group: _____

Cookies

Milk

Completion Time: _____

Accuracy: _____