



RED

TRIAL # 3

Date: _____

Requirement for Success: _____

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

Breakfast:

One item that contains vitamin C from the Vegetable & Fruit Group: _____

One item from the Bread & Cereal Group: _____

One item from the Meat Group: _____

Decaffeinated coffee

Milk

Lunch:

Two items from the Bread & Cereal Group: _____

Tuna fish

Two items from the Vegetable & Fruit Group: _____

Milk

One item from the Milk Group: _____

Dinner:

One hamburger on bun

One item from the Milk Group: _____

One item from the Vegetable & Fruit Group: _____

Soft drink

Completion Time: _____

Accuracy: _____