



TRIAL # 4

Date: _____

Requirement for Success: _____

Instructions: You are to plan three meals per day for a 10-year-old child. Fill in the blanks with foods of your choice from the Food List.

Breakfast:

One item from the Bread and Cereal Group: _____

One item from the Milk Group: _____

Orange juice

Lunch:

Macaroni and cheese (pasta and hard cheese)

One item from the Vegetable & Fruit Group: _____

One item from the Milk Group: _____

Kool-Aid

Dinner:

One item from the Meat Group: _____

One item from the Bread & Cereal Group: _____

One item from the Vegetable & Fruit Group: _____

Mandarin oranges

Milk

Completion Time: _____

Accuracy: _____