

RED

TRIAL # 5

Date: _____

Requirement for Success: _____

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

Breakfast:

Two items from the Bread & Cereal Group: _____

One item from the Vegetable & Fruit Group: _____

Milk

Tea

Lunch:

Egg salad sandwich (on whole wheat toast)

One item from the Vegetable & Fruit Group: _____

Two items from the Milk Group: _____

Dinner:

One item from the Meat Group: _____

Two items from the Vegetable & Fruit Group: _____

One item from the Bread & Cereal Group: _____

Milk

Lemon sherbet

Completion Time: _____

Accuracy: _____