

TRIAL # 1

Date: _____

Requirement for Success: _____



Instructions: You are to plan two daily menus (including three meals for each day) for an adult man. Remember, you can use a specific item from the Food Choice List only once on this Trial; it may not be used repeatedly. Make sure that all serving requirements from the Serving Chart are met for each day.

Day 1

Breakfast

Lunch

Dinner

Day 2

Breakfast

Lunch

Dinner

Completion Time: _____

Accuracy: _____