**Food Management Assessment: Secondary Level**

**Student Assignment: Item 19**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Write one day of menus for breakfast, lunch, an afternoon snack, dinner, and an evening snack. Read the following directions carefully and follow them when preparing your menus.**

1. Beverages, except for water, are included as foods on menus.

2. Menus must include one food that is prepared using a recipe of seven ingredients. You may not use a recipe in your personal recipe collection. You must locate the recipe and write the name of the recipe and its location at the bottom of your menus.

3. Make sure that you provide a complete reference for the recipe so that you can locate it later. For recipes in braille or print, provide the name and copyright date or publication date of the cookbook, magazine, or newspaper. Also include the recipe’s title and page number. For recipes on the Internet, include the complete web address, the date you found the recipe, and the recipe’s title.

4. This day of menus must include correct amounts of food from all food groups shown below. An inappropriate amount means omitting one food group or listing an incorrect amount for one group.

1. Grains: 6 ounces daily: 1 ounce = 1 slice of bread; 1/2 cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal
2. Vegetables: 2.5 cups daily: 1 cup = 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens
3. Fruits: 2 cups daily: 1 cup = 1 cup of raw or cooked fruit or 100% fruit juice; 1/2 cup dried fruit
4. Dairy: 3 cups daily: 1 cup = 1 cup of milk, yogurt, or fortified soymilk; 1 1/2 ounces natural or 2 ounces processed cheese
5. Protein foods: 5.5 ounces: 1 ounce = 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; 1/2 ounce nuts or seeds; 1/4 cup beans or peas

5. Each menu should begin with the name of the meal (breakfast, lunch, dinner, afternoon snack, or evening snack) centered on one line with specific foods left justified and each on its own line. One line should be skipped at the end of each menu before beginning the next menu.

6. Both you and your instructor must be able to read and edit this assignment. Your instructor will tell you whether you will need to produce print, braille, and/or electronic copies of this assignment.