**Food Management Assessment: Transition Level**

**Assignment: Items 7 and 8**

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

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

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

1. Be as clear as possible about the types of foods you list for each meal. Do not write Tuna sandwich. Instead write Tuna and mayonnaise sandwich on whole wheat bread. If you plan to broil a steak, do not write broiled steak, but write broiled sirloin steak, broiled T-bone steak, broiled rib-eye steak, etc. You will not know specific ingredients for foods that require recipes, e.g., Swiss Steak or Chicken and Pesto). In this case, write the name of the food in the menu.
2. Beverages that have calories are included as foods on menus.
3. Each menu should begin with the day and its number (Day 1 through Day 5) and the name of the meal (breakfast, lunch, dinner, afternoon snack, or evening snack) centered on one line. Specific foods should be left justified with each on its own line. One line should be skipped at the end of each meal or snack menu before beginning the next menu.
4. Each day of menus must include correct amounts of food from all food groups. An incorrect amount means omitting one food group or including an incorrect amount for one food group for the day.
5. Menus must include two or more of the following types of foods:

* Microwavable convenience foods
* Fresh meats
* Fresh fruits
* Canned fruits
* Fresh leafy vegetables
* Frozen vegetables

1. Menus must include one of the following types of meals, more of each type if desired:

* Four-food breakfast requiring use of range
* Three-food lunch requiring use of range
* Five-food sack lunch
* Five food dinner

1. Menus must include foods with recipes or preparation directions as follows:

* One eight-or-more-ingredient food using oven/range and reference for locating the recipe for this food. The reference must include all of the information you will need to locate the recipe.
* Another food requiring recipe, number of ingredients unspecified, reference for recipe not required. You know that a food on your menus needs a recipe if you don’t know how to prepare it and if it is not a prepackaged food with preparation instructions on the packaging.
* Two foods with cooking directions on their packaging