

Meal Planning-Post Test

- 1) Meal planning (Check all that apply)
 - a) Saves time
 - b) Helps one to have food on hand when needed
 - c) Has no advantage
 - d) Helps to have variety at meals

- 2) When planning menus, one will find it is helpful to
 - a) Have some family favorite recipes to use for the week
 - b) Get the newspaper ads from all the grocery stores in the area
 - c) Have a calendar with their weekly events listed
 - d) Plan the meal right before meal time so the family gets the foods they want to eat
 - e) a, b and c only
 - f) a, b and d only

- 3) Useful tools to have available when menu planning would be
 - a) Cookbooks and favorite recipes
 - b) Meal planner
 - c) Calendar
 - d) Grocery list
 - e) All of the above
 - f) b, c, and d only

- 4) Planning how to use leftovers is
 - a) Important
 - b) Somewhat important
 - c) Not important at all

- 5) When planning the menu for the week, one should take into consideration
 - a) Food available on hand
 - b) Days where time for meal preparation will be limited
 - c) Ways to adapt favorite recipes
 - d) All of the above
 - e) None of the above