

# Review-Planning a Menu-Total Servings for the Day

Student's Name \_\_\_\_\_ Date \_\_\_\_\_

Tally the amounts from all the meals and snacks. Write the total number of servings for the food groups here.

Bread, Cereal, Rice and Pasta Group \_\_\_\_\_ Servings

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Vegetable Group \_\_\_\_\_ Servings

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Fruit Group \_\_\_\_\_ Servings

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Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group \_\_\_\_\_ Servings

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Milk, Yogurt and Cheese Group \_\_\_\_\_ Servings

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Fats, Oils and Sweets \_\_\_\_\_ Servings

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Evaluate:

Is your day's menu nutritionally balanced (meets the recommended servings)? Please explain in a complete sentence.

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