



**CLASS X**  
**HOME SCIENCE**  
**UNIT IV - MEAL PLANNING**

**NOTES**

**Meal planning:** It is the planning of meals for all members of the family in order to provide nutrition on time according to their needs and choices. (ICMR: Indian Council of Medical Research)

Meal planning is both an art and a science which aims at providing nutritionally adequate and likeable food on time. It is necessary that every member of the family should be given minimum nutritionally valued food and blending of colour, taste, flavour and texture in meals are also a must.

**Balanced diet:** A balanced diet is one which contains different types of foods in adequate quantities and right proportions to meet the nutritional requirements of our body.

Planned food should be tasty and palatable, and it should provide satiety value and mental satisfaction of everyone in the family. A meal should be planned in such a way that they contain all nutritional requirements of all members.

Saving of time, money, energy and fuel can be planned by boiling dal and potato together. Varied meals can be served by selecting different food combination for each day. The house wife can use food substitutes according to family budget. Food can be made attractive and tasty by adding variety to the taste, colour, and texture so that every member can relish the meal served.

Left over of dal and vegetables at dinner can be used in making *parathas* and patties in the breakfast. Keeping in mind the day as a unit, menu should be planned to meet the daily needs of the members of the family.

Planning of a meal should be done to meet nutritional requirements, family needs with a view to save time and energy. Cost of meals can be reduced by using (i) seasonal foods, (ii) by bulk purchasing, (iii) substituting green leafy vegetable for fruits, (iv) combination of foods like cereals and pulses, (v) locally available foods.

Meals should give maximum nutrients, be according to likes and dislikes of individuals, and should provide variety as well as satiety.



Certain factors like food acceptance of individuals, tradition and food misinformation affect meal planning. Again meal planning may also be affected and cultured by using skill in food preparation, variety, availability of food and home products etc. carefully. It is necessary that consideration of schedules of members, size and composition of a family should also be considered during meal planning.

While planning meals for the family the following factors should be taken into consideration – (i) size of the family, (ii) age of the members, (iii) activities of the members, (iv) food preferences of different members, (v) availability of food, (vi) family income, (vii) cost of food stuffs, (viii) customs, (ix) season, (x) locality and (xi) need for preparing special diets.

The occupation of family members and their leisure time should also to be taken into consideration while planning food. Locally available, seasonal foods may be used to minimize the family budget. Food menu should be arranged to meet the needs of pregnant, lactating mother, infants and adults in the family.

The menu should be arranged to meet the food requirements of every member and every meal, either lunch or dinner, should contain a balanced diet. Food guide for India includes cereals, breads, protein foods, protective vegetables and fruits, vitamin C rich vegetables and fruits, oils, fats, sugars, other vegetables and fruits.

