**Design-A-Meal**

**Objective**: To determine the components of a healthy diet and develop the skills needed to create a healthy, inexpensive meal that incorporates all aspects of a healthy diet.

**Background Research:**

*There are seven main components included in a healthy, balanced diet. These include carbohydrates, unsaturated fats, fiber, proteins, vitamins, minerals, and water. Determine what role each has in maintaining a healthy body, examples of food sources for each, and a consequence of having too few included in ones’ diet. (\_\_\_\_/10 points)*

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Role in the Body** | **Food Source(s)** | **Health Consequence (too few)** |
| **Carbohydrates** |  |  |  |
| **Unsat. Fats** |  |  |  |
| **Proteins** |  |  |  |
| **Fiber** |  |  |  |
| **Vitamins** |  |  |  |
| **Minerals** |  |  |  |
| **Water** |  |  |  |

**Meal Design:**

*One of the causes of unhealthy eating habits is the lack of time, money, &/or know-how to prepare a balanced, healthy meal. With a little practice and understanding, preparing healthy meals is achievable for all. Select a meal that you can prepare for less than $10 that includes each of the 7 essential healthy diet components. Prepare and share this meal with the class and upload your recipe to the shared google file.*

Recipe Name: (\_\_\_\_/5 points)

Prep Time: Cook Time: Total Time:

Cost:

Ingredients: (\_\_\_\_/5 points)

Directions: (\_\_\_\_/5 points)

Explanation of how this food item is appropriate for maintaining a healthy lifestyle: (\_\_\_\_\_/10 ponts)

Food Preparation: (\_\_\_\_/10 points)

Google Drive: (\_\_\_\_/5 points)