**Unit 4 Review Sheet**

**Family Meal Planning**

**Meal appeal**: variety in colour, flavor, texture, temperature, shape, temperature

**Family Meal planning issues**: schedules, likes/dislikes, allergies, health concerns, special needs based on life stage, finances, meals for one

**Budgeting:** factors that determine the family budget, how to make a food budget, ways to reduce a foo budget

**Meal planning**: what your plate should look like (%), steps in planning

**Local food**: why we eat it, where to find it

**Convenience food:** Real cost of convenience food (DVD)

Pros and cons of convenience food

**Etiquette**: why we have and use manners, examples of etiquette in north American and internationally, tipping