

Section 9-3

Enrich

Consumer Skills: Select a Meal

When eating out, many people need to be careful selecting items from a menu. Three friends—Jeffrey, Vanessa, and Cruz—are having dinner together in a restaurant. Each wants to enjoy a nutritious meal that meets the person’s dietary needs. Read the description of each friend. Then choose a nutritious meal from the menu provided and explain your choices.

<i>Menu</i>	
<i>Appetizers</i>	
Fried Mozzarella Sticks	Fresh Fruit Cup
Cream of Turkey Soup	Asparagus with Cheese Sauce
Chopped Chicken Liver on Toast	Clams on the Half Shell
<i>Entrees</i>	
Broiled Sirloin Steak	Fried Clams
Broiled Swordfish	Lentil Casserole
Spaghetti with Meatballs	
<i>All entrees served with whole-wheat bread and butter and a choice of two of the following accompaniments:</i>	
Potato (baked, mashed, or fried)	
Vegetable (string beans)	
Salad (oil and vinegar, Russian, or Thousand Island dressing)	
<i>Desserts</i>	
Fresh Melon	Rice Pudding
Ice Cream	Apple Pie

1. Jeffrey’s family has a history of diabetes. His doctor has advised him to watch his sugar and fat intake, as well as his weight.

Appetizer _____

Entree _____

Accompaniments _____

Dessert _____

Reasons for choices _____

Section 9-3: Enrich *(continued)*

2. Vanessa is a vegan. She avoids all animal products, including eggs, milk, butter, and other dairy products.

Appetizer _____

Entree _____

Accompaniments _____

Dessert _____

Reasons for choices _____

3. Cruz is allergic to shellfish. He is also trying to lose ten pounds.

Appetizer _____

Entree _____

Accompaniments _____

Dessert _____

Reasons for choices _____

4. What meal would you choose for yourself and why?

Appetizer _____

Entree _____

Accompaniments _____

Dessert _____

Reasons for choices _____
