

# Family Meal Planning Worksheet

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_



## 1. Meal Overview

- Meal Name: \_\_\_\_\_
- Type of Meal (circle one): Breakfast / Lunch / Dinner / Snack / Dessert

## 2. Family Preferences

- Who will be eating the meal? List your family members or describe their preferences.

\_\_\_\_\_

- Dietary Needs or Preferences (e.g., likes/dislikes, allergies, vegetarian, etc.):

\_\_\_\_\_

## 3. Meal Overview

- Main Dish: \_\_\_\_\_
- Side Dish(es): \_\_\_\_\_
- Dessert (if applicable): \_\_\_\_\_
- Beverage: \_\_\_\_\_

## 4. Ingredients List

- List all ingredients needed for your meal. Be specific with quantities, (e.g. '2 cups of flour,' or '1 tablespoon of sugar'):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 5. Kitchen Preparation

- What tools or equipment will you need? (e.g., mixing bowl, pan, spatula)

\_\_\_\_\_

- What help will you need from family members?

\_\_\_\_\_

## 6. Cooking Timeline

- Estimate how long it will take to prepare and cook your meal:

» Preparation Time: \_\_\_\_\_ minutes

» Cooking Time: \_\_\_\_\_ minutes