

MENU PLANNING

Menu is the list of dishes planned for preparation and forms an essential part of all activities in the food service establishment.

Menu planning is a skilled activity involving planning of balanced meals that are colourful, appetizing, and palatable and within the economic means of the individual concerned. It helps to determine quantities of different foods accurately. It helps to avoid monotony in the menus.

While planning meals following points to be in mind:

Choose a variety of foods in appropriate amounts, according to the age, gender (male/Female), physiological status (pregnant, lactating, disease conditions) and physical activity (sedentary, moderate, heavy work).

Prefer fresh vegetables and fruits in plenty.

Include milk, eggs, meat and fish in the diet as per the requirement.

Use a combination of cereals (rice, wheat), pulses (green gram, Bengal gram, black gram etc.) and vegetable and greens. Include jaggery, sugar, and cooking oil in moderation to bridge the energy gap.

Adults should choose low fat protein rich foods such as lean meat, pulses, low fat milk and fish in the diet as per the requirement.

Develop healthy eating habits and exercise regularly. Foods are conventionally grouped as:

1. Cereals, millets and pulses.
2. Vegetables and fruits.
3. Milk, & milk products, egg, meat, and fish.
4. Oils and fats and nuts and oil seeds.

Foods are classified according to their functions into three groups

1. Energy yielding foods.
2. Body building foods.
3. Protective foods.

Table below shows nutrients supplied by different foods

Group	Food items	Supply of major nutrients	Other nutrients	
Energy rich Foods	Whole grain cereals/ millets	Carbohydrates	Protein, fibre, minerals, B-complex vitamins	
	Vegitable oils/ butter	Fats	Fat soluble vitamins, essential fatty acids	
	Nuts and oilseeds	Carbohydrates and fats	proteins, vitamins, minerals	
	Sugars	Carbohydrates	Nil	
	Body building foods	Pulses, nuts and oil seeds	Proteins	B-complex vitamins, fiber, invisible fat
		Milk and milk products	Proteins	calcium, vit-A, riboflavin, vit-B12
Meat, fish, poultry		Proteins	Iron, iodine, fat, B-complex vitamins	
Protective foods		Green leafy fruits, egg milk and milk products	Vitamins & minerals protein	Antioxidents, fiber sugar Vitamins and minerals

Factors affecting meal planning

1. **Nutritional facts** : Knowledge of food group and the nutrient in each group helps to select foods judiciously. So that a balance foods and nutrients can be met from the planned meal.

Eg: combination of cereals and pulses helps to improve protein quality. Mutual supplementation of proteins, selection and inclusion of green leafy vegetables provides B-carotene, minerals, vitamins, antioxidants, and phytochemicals.

2. **Personal Preference**: often people choose foods because they like certain flavours. We Indians enjoy spicy curries, use asafoetida in south Indian preparations. While north Indians add gram masala.
3. **Habit**: eg idli, dosa in south India, parathas, rotis in north India.
4. **Social interaction**: food signifies friendliness. Meals are part of social events and sharing of food is a part of hospitality. Social customs almost compel people to accept food or drink offered by a host or shared by a group.
5. **Positive and negative associations**: people tend to like foods with happy occasions, such as sweets during Diwali, cakes during Christmas. Dislike food during disease or sick conditions.
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7. **Emotional comfort**: some people eat in response to an emotional stimulus for eg:- to relieve from stress. Eating in response to emotions can easily lead to over eating and obesity but may be at appropriate times.

8. **Body image:** sometimes people select foods which they believe will improve their physical appearance.

Such decisions are beneficial when based on sound nutrition and fitness knowledge.

CRITICAL ANALYSIS OF A SOUSTSH INDIAN MENU (1-DAY)

MENU

Breakfast: idli, sambar, plantain, tea

Mild morning: lime juice

Lunch: vegetable rice (pulav), fish curry, mango pickle

Tea: boiled banana, ground nuts, tea **Dinner:** chappathi, fish curry, papaya

Bed time: skimmed milk

CRITICAL ANALYSIS (JUSTIFICATION OF PLAN)

Breakfast is balanced. Cereals, pulses, dals and vegetables. Almost all nutrients are in it.

It is better not to drink along with food. (prevent absorption of iron). Half an hour after breakfast is better.

Lime juice in **mid morning** gives freshness.

Lunch- mixed rice provides a variety of foods, vegetables, cereal, some oil used for seasoning-it is a balanced meal along with fish curry and pickle.

Tea - nuts are good source of protein, energy and minerals. Banana provides micronutrients.

Dinner-chappathi can be more nutritious by mixing soya flour some greens. So that all the food groups are present in the menu. Papaya a fresh fruit

provides fiber, vitamins, and bcarotene. Fish is a good source of protein and good for health.

Skimmed milk in **bed time** helps to sleep. In short the whole day's menu is balanced one with justifiable cost (moderate cost).



IHM NOTES