





Certain factors like food acceptance of individuals, tradition and food misinformation affect meal planning. Again meal planning may also be affected and cultured by using skill in food preparation, variety, availability of food and home products etc. carefully. It is necessary that consideration of schedules of members, size and composition of a family should also be considered during meal planning.

While planning meals for the family the following factors should be taken into consideration:

- Size of the family,
- Age of the members,
- Activities of the members,
- Food preferences of different members,
- Availability of food,
- Family income,
- Cost of food stuffs,
- Customs,
- Season,
- Locality and
- Need for preparing special diets.

The occupation of family members and their leisure time should also to be taken into consideration while planning food. Locally available, seasonal foods may be used to minimize the family budget. Food menu should be arranged to meet the needs of pregnant, lactating mother, infants and adults in the family.

The menu should be arranged to meet the food requirements of every member and every meal, either lunch or dinner, should contain a balanced diet. Food guide for India includes cereals, breads, protein foods, protective vegetables and fruits, vitamin C rich vegetables and fruits, oils, fats, sugars, other vegetables and fruits.

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