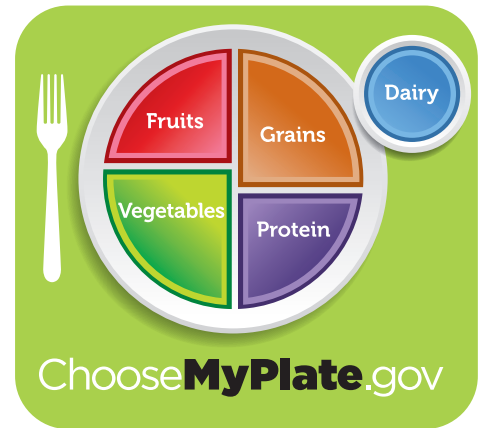


Science, Nutrition, and Family Meals

PART 1: Create a five-day balanced family meal plan! Put together a simple and nutritious meal plan your family can enjoy for the week. We've started you off with a nutritious and delicious pork main dish as your protein on two of those days. Add your choice of protein for the other days and finish it off with fruits, vegetables, whole grains, and dairy. Use the MyPlate graphic and choosemyplate.gov as a guideline for building a healthy, balanced meal. Check out pork.org/cooking/pork-nutrition/vitamins-and-minerals for nutritional information about pork.



	Monday	Tuesday	Wednesday	Thursday	Friday
Protein (Entrée)	Boneless pork loin roast		Rolled pork tacos		
Fruits					
Vegetables					
Whole Grains					
Dairy					

PART 2: Now, design a pork-based meal for your own family occasion! What will your family celebrate, and what meal will you enjoy?

Occasion: _____ Meal: _____

Did you know?*

- Children who eat family meals regularly have higher grades and self-esteem.
- Children who enjoy more family meals tend to eat more fruits and vegetables.



Celebrate Family Meal Month (September). Check out yummys.com/page/pork for pork recipes to inspire your family meal menus.

