Food Combination and Meal Planning

Using the following websites AND ones you use to do more research, you will determine what foods combine well together and plan meals for three scenarios.

<http://nouveauraw.com/raw-recipe-templates-and-development/flavor-prfiles-that-pair-well-in-recipes/>

<http://www.marilu.com/wp-content/uploads/downloadables/foodchart.pdf>

<http://www.slideshare.net/SunilKumar148/chapter-3-food-presentation>

<http://www.getflavor.com/palate-pleasing-textures/>

Please answer the following questions:

1. When you are creating a plate, what are seven characteristics you should look for? (Specifically what type of colors, textures, temperature, etc should be on your plate?) Make sure you explain the importance (14 points)
2. Provide at least five examples of foods that do not pair well together. (10 points)  
   1. Explain why they do not combine well.
3. Provide at least five examples of foods that pair well together. (10 points)   
   1. Explain why they are good matches for each other.
4. The next part of the assignment is to plan a meal for specific people. Below I will provide you with a name, any health issues they may have, and their age. You will have to plan a FULL day of meals (breakfast, lunch, snack, and supper) for each of these people. (30 points)
   1. Sue
   2. Joe
   3. Pat

Lastly, you will create a poster regarding which foods work well / don’t work well with each other and list any special requirements you have to make sure you look out for when it comes to people having food allergies or some type of disease that may limit their food intake. (30 points)