# Assignment 1 – Improve a Meal

***For this assignment, you will work with a partner or in groups.***

1. Use the following table to describe a dinner you might eat on a typical evening. Pick a dinner you think could be made more healthful! Alternatively, draw and label your foods on the plate below.

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| **Food** | **Bought or Cooked?** | **Brand Name, if applicable** | **Amount** |
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1. Trade your meal with someone else in your group.
2. Make suggestions to improve the healthfulness of your partner’s meal. Remember, you want to make a meal that will be enjoyable and suggest changes your partner could realistically make right now. The new meal doesn’t need to be perfect, but it needs to be better.

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Suggestions made by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Return your suggestions to your partner. Get feedback about
	1. Whether this seems like a healthier meal
	2. These changes are something they could make permanently
	3. How much they would enjoy the new and improved meal
2. Modify your suggestions based on your partner’s feedback.

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Suggestions made by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Return it again for feedback and make new suggestions until you are both satisfied with the results.
2. Write or draw and label the new meal plan below.

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| **Food** | **Bought or Cooked?** | **Brand Name, if applicable** | **Amount** |
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