

# Grade 9: Menu Planning - Cultural Foods Showcase



Developed by AHS, Nutrition Services in consultation with the Body Image Research Lab at the University of Calgary's Werklund School of Education – April 2025

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You and your friends have been asked to plan the menu for an upcoming special event day lunch.

Where do you start when planning a menu?

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# Menu Planning Basics

## Plan:

- ✓ Collect event details and confirm the budget
- ✓ Create a balanced meal
- ✓ Choose recipes

## Prepare:

- ✓ Grocery list of ingredients and supplies
- ✓ Calculate amounts to purchase



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# Plan: Event details



How many people are attending?



Are there food allergies or restrictions?



What cooking equipment is available?



How will the meal be served?



Where will people eat?



How much time is available to prepare the food?



What is our grocery shopping budget?



# Plan: Make a balanced meal

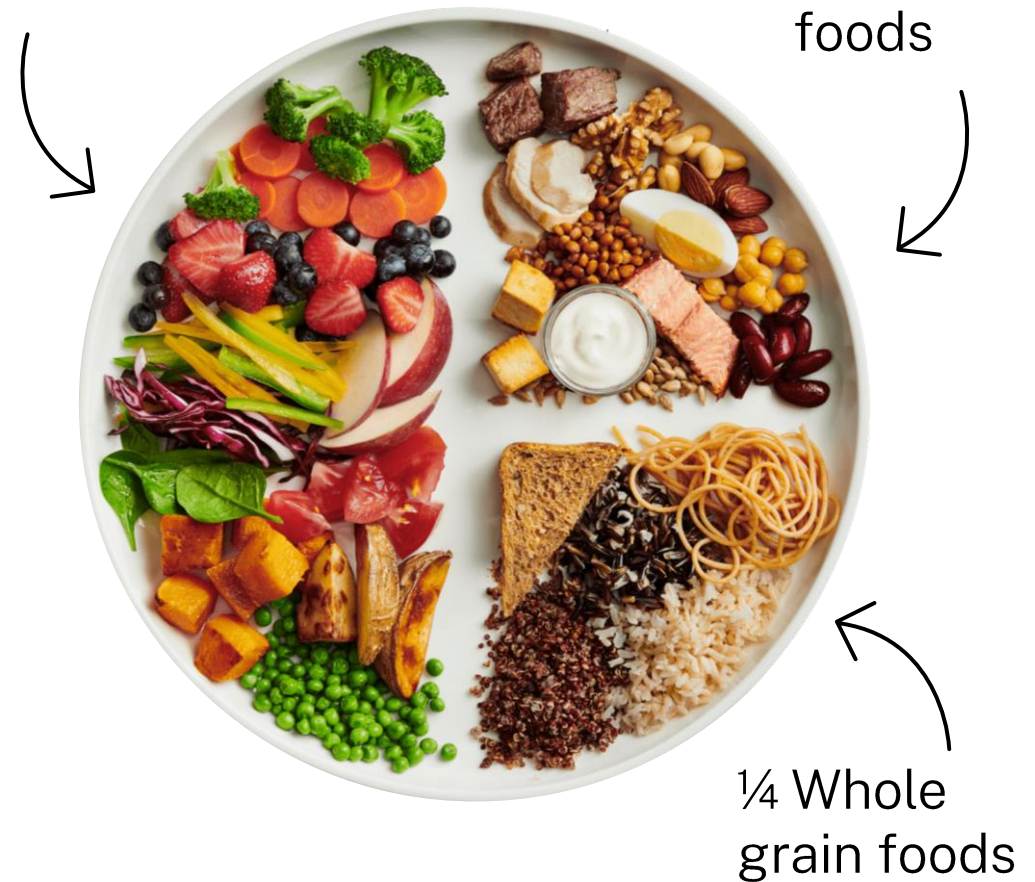
Use the **proportions** and **types** of food on the food guide plate to guide your recipe choices and menu plan.



[Using Canada's Food Guide Plate](#)

$\frac{1}{2}$  Vegetables and fruits

$\frac{1}{4}$  Protein foods



# Plan: Make a balanced meal

Some ingredients (e.g. spices, oils, sauces) may not fit on the food guide plate, but are still important for flavour and enjoyment.



$\frac{1}{2}$  Vegetables and fruits

$\frac{1}{4}$  Protein foods



$\frac{1}{4}$  Whole grain foods

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You and your friends  
decide on a meal:



Is this meal balanced?

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$\frac{1}{2}$  Vegetables  
and fruits

$\frac{1}{4}$  Protein  
foods



$\frac{1}{4}$  Whole  
grain foods



Yes! It looks like this is a balanced meal.

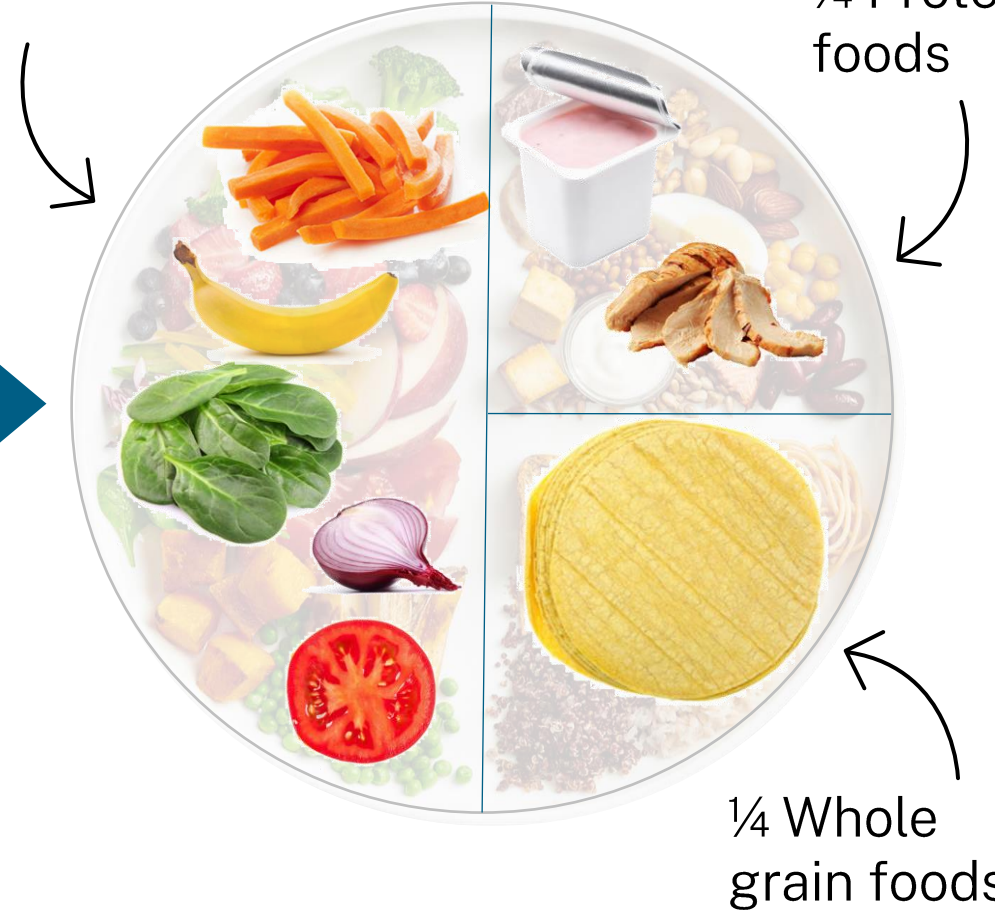


What is your next step?

$\frac{1}{2}$  Vegetables and fruits



$\frac{1}{4}$  Protein foods





# Plan: Choosing recipes

You determine that you only need to find 1 recipe for the special event lunch.



## Zesty Chicken and Vegetable Wrap Recipe

~3 minutes

Wraps have revived the somewhat weary sandwich, and with good reason. They can be filled with flavorful veggies, protein for... condiments, and are ready to go at a moment's notice. They do double duty as an appetizer when it is cut.

### Ingredients

- 1 pound boneless, skinless chicken
- 2 teaspoons dried rosemary or Italian seasoning
- 1 14-ounce can reduced-sodium chicken broth
- 1 7½-ounce jar roasted red bell peppers
- 1 medium-size green bell pepper, diced
- 4 ounces light cream cheese, softened
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- 4 10-inch flour tortillas
- 2 cups (about 4 ounces) shredded romaine lettuce



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# Prepare: Create a grocery list

## Review your recipes and menu to:

- Create an ingredients list
- Other items identified in recipe (e.g., tinfoil)
- Calculate amounts to purchase

## Event Details:

- What supplies are needed based on event details? (e.g. paper plates, cutlery, cups, tablecloths, etc.)
  - Calculate amounts to purchase
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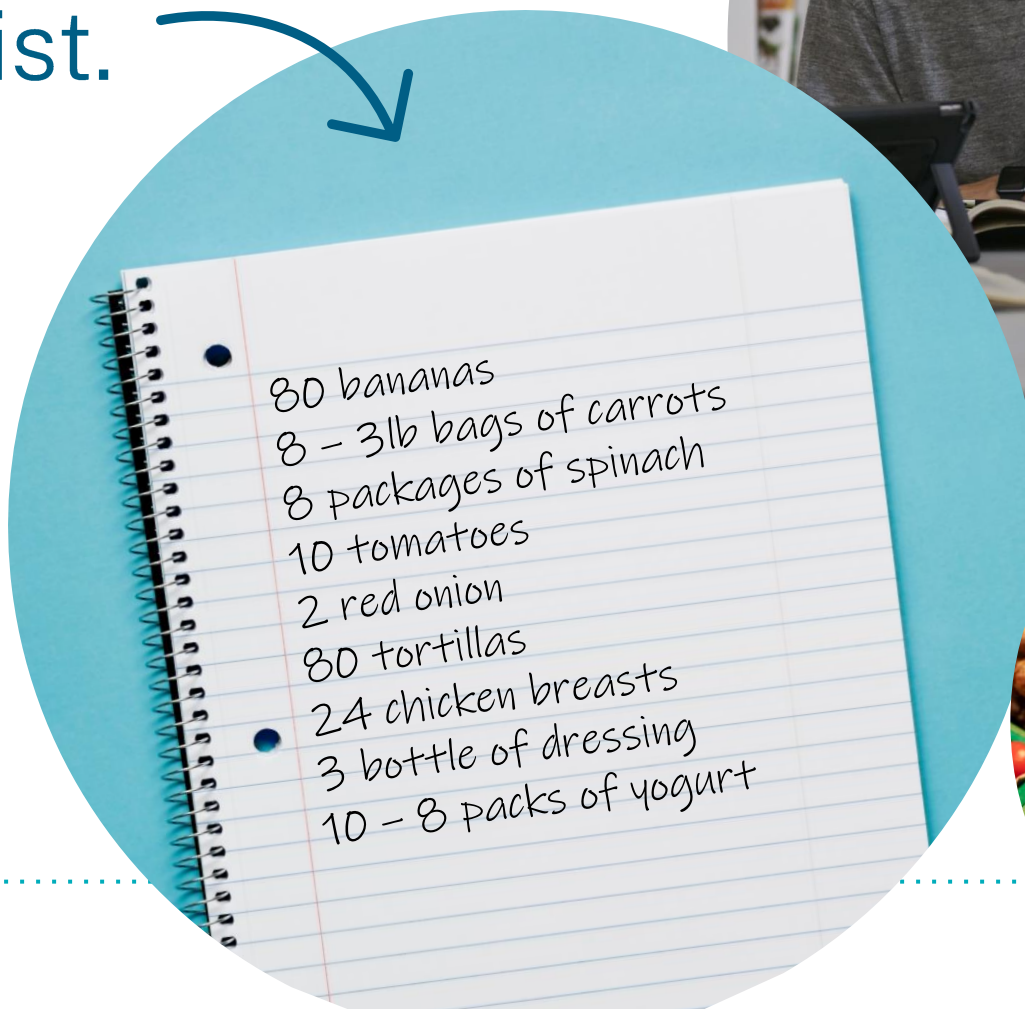





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Prepare:  
You and your friends  
create a grocery list.

Your menu plan  
is ready  
for the event!



- 80 bananas
- 8 - 3lb bags of carrots
- 8 packages of spinach
- 10 tomatoes
- 2 red onion
- 80 tortillas
- 24 chicken breasts
- 3 bottle of dressing
- 10 - 8 packs of yogurt



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# Review: Menu planning process

## Plan:

- ✓ Event details and budget
- ✓ Balanced meal
- ✓ Recipes

## Prepare:

- ✓ Grocery list of ingredients and supplies
- ✓ Calculate amounts to purchase





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Your lunch menu was a success!

Everyone enjoyed it so much that you have been asked to plan an upcoming **cultural celebration dinner**.

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# Celebrations and Traditions

Celebrating cultural food traditions gives us a chance to:

- ✓ learn about different foods around the world
- ✓ promote a wider variety of food choices
- ✓ learn new food preparation skills
- ✓ pass along food traditions and cultural awareness





What information will you need for planning the cultural celebration meal?







# What information will you need for planning the cultural celebration meal?



- How many people are attending?
  - Are there food allergies or restrictions?
  - What cooking equipment is available?
  - Where will people ? How will the meal be served?
  - What foods are culturally important?
  - How much time is available to prepare the food?
  - What is our grocery shopping budget?
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# Assignment

**Scenario:** You have been asked to host a cultural celebration meal for 8-12 guests. You are in charge of creating the menu and determining any required supplies for preparing, serving, and eating the meal.

- Select a culture and research traditional foods and celebrations.
- Develop a menu for a meal specific to the culture you chose. Include different courses or components such as appetizers or desserts if that is part of the cultural food tradition.
- Use electronic slides or a poster/display board to capture your research and menu. Be creative and use pictures or drawings that depict the foods selected.

