



Introduction to Nutrition Planning (10 minutes)

Read the following text and answer the questions:

Nutrition planning is the process of creating a personalized plan for eating and drinking to meet an individual's nutritional needs. A balanced diet is essential for maintaining good health, and online nutrition planning tools and resources can help individuals make informed decisions about their dietary choices.

1. What is nutrition planning?

2. Why is a balanced diet important?

Understanding Macronutrients (15 minutes)

Read the following text and complete the table:

Macronutrients are the three main categories of nutrients that provide energy and support growth and maintenance of the body. They are:

- Carbohydrates: provide energy for the body
- Proteins: build and repair tissues
- Fats: important for brain function and hormone production

Macronutrient	Function	Food Sources
Carbohydrates		
Proteins		
Fats		

Meal Planning and Online Resources (20 minutes)

Read the following text and answer the questions:

Meal planning involves creating a personalized plan for eating and drinking to meet an individual's nutritional needs. Online nutrition planning tools and resources can help individuals make informed decisions about their dietary choices and create a balanced meal plan.

1. What is meal planning?

2. How can online nutrition planning tools and resources help with meal planning?

Group Task:

Research and evaluate the following online nutrition planning resources:

- www.choosemyplate.gov
- www.academyofnutritionanddietetics.org
- www.myfitnesspal.com

Resource	Strengths	Limitations
www.choosemyplate.gov		
www.academyofnutritionanddietetics.org		
www.myfitnesspal.com		

Creating a Personalized Meal Plan (25 minutes)

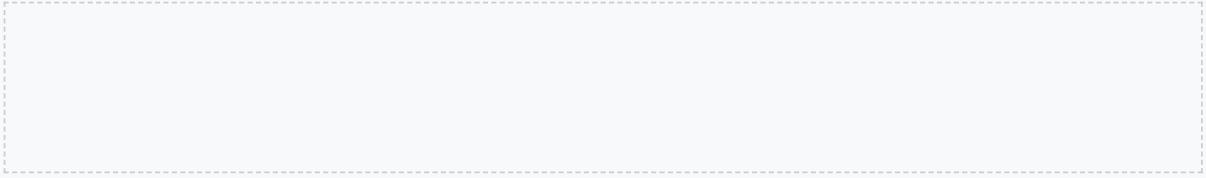
Use an online nutrition planning tool to create a personalized meal plan for a hypothetical client with specific dietary needs (e.g. vegetarian, gluten-free, etc.).

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1. What are the nutritional needs of your client?

2. What foods will you include in your meal plan?

3. How will you ensure that your meal plan is balanced and varied?



Activities and Questions (20 minutes)

Complete the following activities and questions:

1. Nutrition Planning Scenario: Imagine you are planning a meal for a family dinner. Use an online nutrition planning tool to create a meal plan that meets the nutritional needs of your family members.

2. Evaluating Online Resources: Evaluate the credibility and reliability of the following online nutrition planning resources:

- www.choosemyplate.gov
- www.academyofnutritionanddietetics.org
- www.myfitnesspal.com

3. Meal Planning Challenge: Create a meal plan for a hypothetical client with specific dietary needs (e.g. vegetarian, gluten-free, etc.).

Conclusion (10 minutes)

Read the following text and answer the questions:

Designing a balanced diet using online nutrition planning tools and resources is an essential skill for maintaining good health. By understanding macronutrients, meal planning, and online resources, individuals can make informed decisions about their dietary choices and create a personalized meal plan that meets their nutritional needs.

1. What is the importance of designing a balanced diet?

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2. How can online nutrition planning tools and resources help with designing a balanced diet?



Additional Resources (10 minutes)

Research and explore the following additional resources:

- www.choosemyplate.gov
- www.academyofnutritionanddietetics.org
- www.myfitnesspal.com

Reflection and Feedback (15 minutes)

Reflect on what you have learned and provide feedback:

1. What did you learn about designing a balanced diet?

2. What challenges did you face during the activities?

3. What suggestions do you have for improving the activities?

