

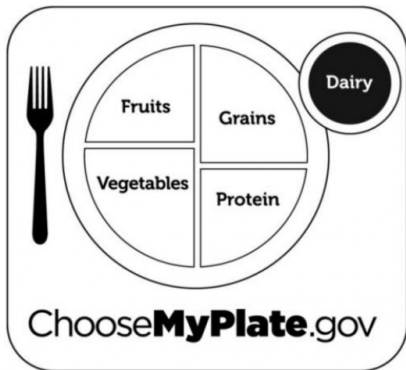


**BOY SCOUTS OF AMERICA**  
**Troop 146**  
 St. Francis Church  
 308 Jefferson Street  
 Hoboken, NJ 07030  
 www.Troop146.org

**First Class Requirement 2a2**

**"Help plan a menu... Tell how the menu includes the foods from the MyPlate food guide..."**

\_\_\_\_\_ Name



1. For each food listed below, use an "X" to tell which food group or groups it goes into.

	Fruits	Grains	Vegetables	Protein	Dairy
Orange juice	X				
Scrambled eggs					
French toast					
Maple syrup					
Corn Flakes					
Peanut butter and jelly sandwich					
Cheeseburger					
French fries					
Chocolate milk shake					
Tuna fish sandwich with mayo					
Strawberry shortcake					
S'mores					
Mozzarella cheese					
Cheese steak with onions					
Spaghetti with tomato sauce					
Mashed potatoes with gravy					

2. Fill out your menu for 3 meals on Saturday. For each item, check off which group or groups it's in (orange juice is in the "Fruits" group).

Fruits, Grains, Vegetables, Protein, Dairy

	<b>Food to prepare and serve</b>	<b>F</b>	<b>G</b>	<b>V</b>	<b>P</b>	<b>D</b>
<b>Breakfast</b>	Orange juice	X				
<b>Lunch</b>						
<b>Supper</b>						