

# Meal Planning

## Make Meals Appealing

### Plan meals with foods of different...

#### ...colors

eat the rainbow

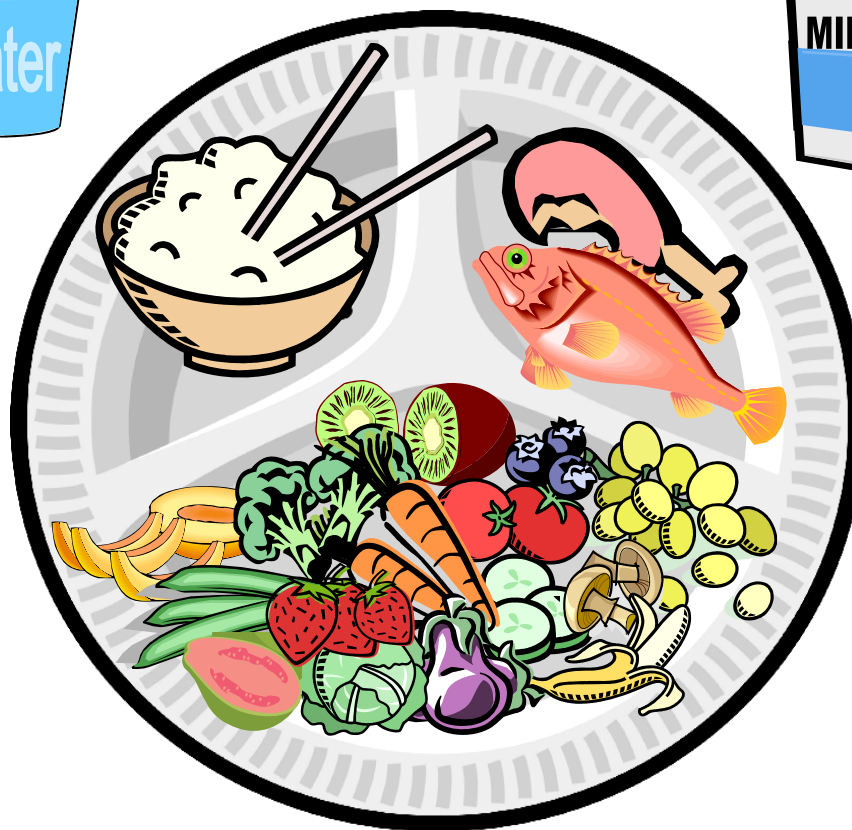


#### ...flavors

sweet, sour,  
salty, bland,  
spicy, tart

#### ...texture

hard, soft,  
moist, dry,  
crisp, smooth  
or chewy



#### ...shapes

chunks,  
slices, strips,  
wedges,  
big, small

#### ...temperatures

hot, cold

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For NEW-SNAP-Ed nutrition education programs, contact the University of Hawaii Cooperative Extension Service at 1955 East-West Road, Agricultural Science Building 306, Honolulu, Hawaii 96822; (808) 956-4124



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