



# Meal Prep

## CAREER CONNECTION

If healthy eating interests you, consider a career in food and nutrition. For example, nutritionists and dietitians are experts on the relationship between health and food, while food scientists are often involved in the development of new food technology.

## CAN YOU CREATE A NUTRITIOUS MEAL?

**Quick Background:** Our bodies are fueled by the food and beverages we consume. Healthy and balanced nutritional choices have a positive effect on our wellbeing.

1. A healthy plate can be divided into five main sections. Review the [MyPlate](#) guidelines and then select different foods that fit into each plate section: [vegetables](#), [fruits](#), [grains](#), [protein](#), and [dairy](#).
2. Combine foods from each category to design healthy, balanced meals that your family would enjoy.

**Tip:** Not sure where to begin? Give some of these [recipes](#) a try.

3. Time to taste test! Cook your meals together and think about the flavor combinations that you especially like. Be sure to save the recipes for your favorite meals so you can make them again!