

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Foods I Strategies in Meal Planning

E N V I R O N M E N T A L I N F L U E N C E S R  
F U K I F L A V O R V D B O L M G M X L L K Y  
Y U M S S G F U F R I R N H E U E U K A O A S  
N O N T R A D I T I O N A L A A E D B U C D S E  
X H M A D G F T H Y Y V F T P L K I X I F S C  
D S R U P D M O E A E G E T P D A O K G C X N  
H I P M B Y F I K Y G X F X A U I L L O I E  
R T E V E M B M Y I F N P T Y N L X L P I U  
U L R L A N O I T I D A R T F K M O S U L  
G A L A C I G O L O H C Y S P E D L I R I M K F  
T R E L H A V T T Y B N T R V U T S T N  
K I V E R B X H F P A S R I N D E Y E Y S T I  
B O D K N U O I N K U O E N G G T N T E H L U C  
E N G K S N T B X N G X P G H H K C U X P O U I  
Y A M M E I X L E Y M A L X D A E X A H A A M  
O L U N C H K D E T I F H N V I I S H H R L C O  
L F K S Y K N T U T T A S R Y M R O D H O O N  
I A D E X T E R N A L I N F L U E N C E S S C O  
O C C U L T U R A L I N F L U E N C E S C I C  
B T U I I N T E R N A L I N F L U E N C E S A E  
O R V T C K L G G T X T S A F K A E R B V  
M R I R C C T T U P F G D T A N P A G H B Y V M  
X S E C N E U L F N I L A C I G O L O N H C E T  
V A R I E T Y L O Y L U R T G A D U I S E R T B

Technological influences  
Internal influences  
Cultural influences  
Psychological  
Traditional  
Variety  
shape

Environmental influences  
External influences  
Media influences  
Physiological  
breakfast  
dinner  
lunch

Situational factors  
Economic influences  
nontraditional  
meal pattern  
texture  
flavor