Aesthetic Quality of Meals

Take a close look at:
- Color
- Flavor
- Temperature
- Texture
- Size/shape
- Method of Preparation

Common Errors in Planning for Aesthetic Qualities of Meals

**Color**
- Too many foods of the same color – no contrast or variation
- Clashing or unpleasant color scheme

**Flavor**
- All bland flavors
- Too many strong or distinctive flavors
- Repetition of food or flavor
- No tart or acid flavored foods
- Too many sweet or sour foods

**Temperature**
- Too many foods of the same temperature

**Texture**
- Too many soft foods
- Too many chewy foods
- Too many crisp and crunchy foods
- Lack of variety in texture

**Size, Shape, and Form**
- Too many mixtures
- Too many small pieces, especially of the same size and shape
- Too many similar shapes such as “round”
- Lack of variety in shape

**Method of Preparation**
- Too many foods prepared in the same way, such as fried foods, creamed foods, or sauces over foods
- No main dish – lacks satiety value (definition of satiety: being fed or gratified, becoming full)
- More than one main dish
- Too many starchy foods
- Too many of the same type of fruits or vegetables
- Too many high protein foods
Evaluate Menus for Aesthetic Qualities and Menu Format

**Menu A**
*(Find at least 5 errors)*

- Broiled Meat Patties
- Catsup
- Mashed Potatoes
- Gravy
- Baked Acorn Squash
- Molded Fruit Salad
- Mayonnaise
- Clover Leaf Rolls
- Butter
- Peach Sundae
- Iced Tea

**Menu B**
*(Find at least 6 errors)*

- Cream of Spinach Soup
- Bread
- Butter
- Baked Custard
- Milk

**Menu C**
*(Find at least 5 errors)*

- Chicken ala King on Biscuits
- Buttered Cut Green Beans
- Tossed Lettuce and Tomato Salad
- Italian Dressing
- Carrot Strips
- Celery
- Pickles
- Citrus Ambrosia
- Coffee

**Menu D**
*(Find at least 8 errors)*

- Old Fashioned Navy Bean Soup
- Grilled Cheese Sandwich
- Waldorf Salad
- Corn Sticks
- Butter
- Warm Apple Pie
- Cheese
- Milk

**Menu E**
*(Find at least 6 errors)*

- Creamed Eggs on Toast
- Parsley-Buttered Carrots
- Baking Powder Biscuits
- Honey
- Corn Sticks
- Butter
- Steamed bread pudding
- Vanilla Sauce
- Hot Tea