Iron rich meal - 1



Design a lunch meal for a teenage girl which is rich in iron.

Task 1

Click My Meals and enter a meal name.

Choose the age for a teenager and the Sex **Female.** The meal type is **lunch**.

Add foods (not Add Recipes) - these are ready to use and the weights are suggested.

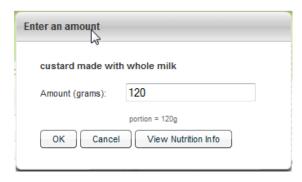
This is the menu to test:

- Shepherd's pie 310g portion
- Carrots 60g portion
- Peas 30g portion
- Apple pie 150g portion
- Custard 120g portion

Look at Nutrition Info - the chart should look like the one below when you have clicked Export Nutriiton Data.



Screen shows adding foods



Add foods in portion size



This screen shows the Meal nutrition

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Questions

Use the chart showing Iron rich meal. Or use your own chart from the Nutrition Program.

1. What Percentage % of the recommended meal intake for energy does this meal provide?
2.Is it too high or too low?
3. Give 2 ways tochange the meal to make it meet the suggested energy value. 1)
2)
4. This meal supplies large amounts of the nutrients listed below. Give one way to reduce the
amount that they each provide.
1) Total sugars
2) Fat
3) Saturated fat
4) Salt
5. The traffic lights show the colours for each of the nutrients.
Colour in each of the nutrients to show the traffic light colour for each nutrient red,amber or
green.
6. Does the most supply enough fibre? How do you know?
6. Does the meal supply enough fibre? How do you know?
7. Does the meal provide enough of the following minerals: Yes or no
calcium
iron
zinc
8. Does the meal provide enough of the following vitmains: Yes or no
Vitamin A
Vitamin C
Folate
9. Describe whether you think the meal is healthy or unhealthy. Give 2 reasons.
1.
2.
10. What changes would you make to this meal to improve it? Give 2 reasons.
1.
2