

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

Iron rich meal			
age: 15-18 years			
sex: female			
meal: lunch			
recipes:			
net weight: 670 g			
allergens: milk, wheat, gluten, barley gluten, egg			
Nutrition Information			
Nutrition	Nutrients Per Meal Per Person	% of Recommended Meal Intake	Traffic Light
Energy	3388 kJ	128%	red: Above amount recommended
Energy	809 kcal	128%	red: Above amount recommended
Carbohydrate	97 g	115%	green: Close to recommended amount
Total Sugars	47 g	145%	red: Above amount recommended
Fat	37 g	149%	red: Above amount recommended
Saturated Fat	14 g	177%	red: Above amount recommended
Protein	28 g	209%	amber: Above amount recommended
Fibre NSP	8.8 g	163%	amber: Above amount recommended
Salt	3.4 g	189%	red: Above amount recommended
Vitamin A	8440 µg	4019%	amber: Above amount recommended
Vitamin C	26 mg	184%	amber: Above amount recommended
Folate	78 µg	112%	green: Close to recommended
Calcium	252 mg	90%	amber: Below amount recommended
Iron	4.0 mg	77%	amber: Below amount recommended
Zinc	4.7 mg	193%	amber: Above amount recommended

A meal can provide 30% of daily intake of nutrients

Traffic Light
green - a healthy choice.
amber - OK most of the time.
red - eat in smaller amounts

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 to change 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 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 vitamins: 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.