

# Iron rich meal - 2



Design your own Iron Rich meal for a teenager.

## To do

1. Make a recipe for each of the following:  
shepherd's pie  
apple pie

Tip - find the recipes on the internet and put them into My Recipes.

2. Go to My Meals. Click the Iron rich meal that you put in on sheet 1 and Click Make a healthier version.

3. Add Recipes - choose your 2 recipes.

Add foods - add the following:

- Carrots
- Peas
- Custard

4. Look at Nutrition info and see the Traffic lights - the chart shows results.

## Task

Your meal may not meet the recommended meal intake so you have to make changes.

Here are some tips:

- change the portion size of the recipe
- change some ingredients

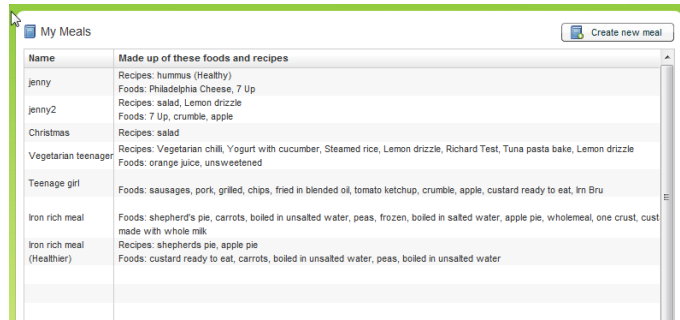
Is the meal rich in iron?

If the results are near 100% then the meal supplies nearly enough iron.

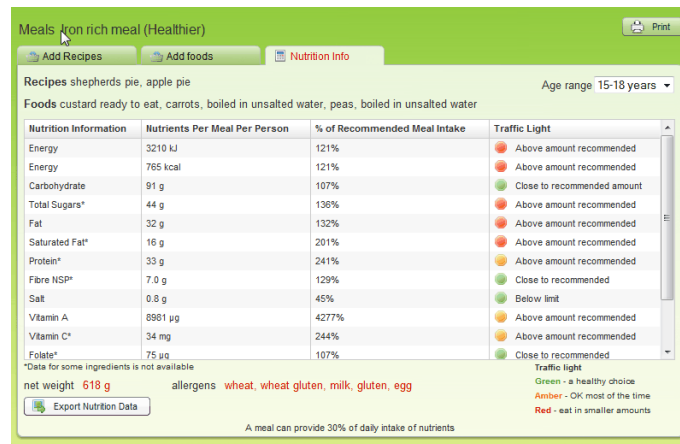
How can you find iron rich foods?

Click Show me All foods high in iron.

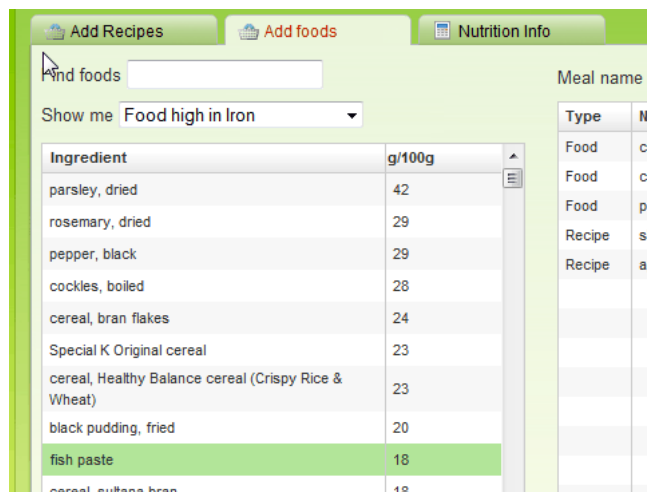
Choose one or two to include in your meal.



See the Iron rich meal (Healthier)



Nutrition info of new meal



Show me Food high in iron

# Iron rich meal - 2



## Questions

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

### Iron rich meal (Healthier)

**age:** 15-18 years  
**sex:** female  
**meal:** lunch  
**recipes:** shepherds pie, apple pie  
**net weight:** 618 g  
**allergens:** wheat, wheat gluten, milk, gluten, egg

#### Nutrition Information

Nutrition	Nutrients Per Meal Per Person	% of Recommended Meal Intake	Traffic Light
Energy	3210 kJ	121%	red: Above amount recommended
Energy	765 kcal	121%	red: Above amount recommended
Carbohydrate	91 g	107%	green: Close to recommended amount
Total Sugars*	44 g	136%	red: Above amount recommended
Fat	32 g	132%	red: Above amount recommended
Saturated Fat*	16 g	201%	red: Above amount recommended
Protein*	33 g	241%	amber: Above amount recommended
Fibre NSP*	7.0 g	129%	green: Close to recommended
Salt	0.8 g	45%	green: Below limit
Vitamin A	8981 µg	4277%	amber: Above amount recommended
Vitamin C*	34 mg	244%	amber: Above amount recommended
Folate*	75 µg	107%	green: Close to recommended
Calcium*	211 mg	75%	amber: Below amount recommended
Iron*	4.4 mg	84%	amber: Below amount recommended
Zinc*	5.2 mg	212%	amber: Above amount recommended

\*Data for some ingredients is not available  
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

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.
4. Comment on the nutrients listed below supplied by the meal
  - 1) Total sugars -
  - 2) Fat -
  - 3) Saturated fat -
  - 4) Salt -
5. Does the meal provide enough of the minerals: calcium, iron, zinc
6. Does the meal provide enough of the following vitamins: Vitamin A, Vitamin C, Folate?
7. What changes would you make to this meal to improve it? Give 2 reasons.

Further work

Go back to the Nutrition Program, My Meals and Add foods. Choose Show me Food high in iron.

List 3 foods which are suitable for a meal.

List 3 foods which you don't think would make a nice lunch meal.