

Iron rich meal - 1



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?

128%

2. Is it too high or too low?

too high

3. Give 2 ways to change the meal to make it meet the suggested energy value.

1) reduce the portion size

2) use lower fat ingredients

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 - reduce the portion of apple pie

2) Fat - choose a lower fat pie recipe

3) Saturated fat - reduce the amount of meat in the meal

4) Salt - reduce the salt in the pie

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?

Yes, 163% is higher than 100%

7. Does the meal provide enough of the following minerals: Yes or no

calcium no

iron no

zinc yes

8. Does the meal provide enough of the following vitamins: Yes or no

Vitamin A yes

Vitamin C yes

Folate yes

9. Describe whether you think the meal is healthy or unhealthy. Give 2 reasons.

1. It is unhealthy as it provides too much saturated fat.

2. The salt content is very high which is unhealthy.

10. What changes would you make to this meal to improve it? Give 2 reasons.

1. Reduce the portion size.

2. Find a different pudding recipe.