

# What is a healthy meal?



This task uses the My Meals section of the Nutrition Program to find out what is a healthy meal.

Put in the meal choice and look at the Nutrition info.

A meal can provide 30% of daily intake of nutrients.

Comment on the results of your meal.

Now try and make a healthier meal.

## Task

- Click on My Meals.
- Choose to make a meal for a teenage boy or girl for lunch.
- Click on Add foods. You can use the existing recipes from the list to make your meal choice.
- Enter the following meal:

Grilled sausages (2)  
Portion of chips  
Tomato ketchup  
Baked beans  
Apple crumble  
Custard  
Fizzy drink of your choice

- Look at Nutrition info and see how healthy your meal is.
- Fill in the table on the next page.

## To do

1. Make a list of three things that need improving to make this meal healthier. The red traffic light shows you where changes need to be made.

For example,

- If the energy provided by the meal is too high, lower the portion size of the chips.
- If the salt is too high, you could choose lower salt foods.
- If total sugars are too high try changing the sugary foods for other choices.

2. Make your own healthy meal.

- Make changes to your meal to see if you can make it healthier.
- List three of the changes that you made.
- What was the effect of these changes?

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| Nutrient      | Percentage % | Above amount recommended | Below amount recommended |
|---------------|--------------|--------------------------|--------------------------|
| Energy        |              |                          |                          |
| Carbohydrate  |              |                          |                          |
| Total sugars  |              |                          |                          |
| Fat           |              |                          |                          |
| Saturated fat |              |                          |                          |
| Protein       |              |                          |                          |
| Fibre         |              |                          |                          |
| Salt          |              |                          |                          |
| Vitamin A     |              |                          |                          |
| Vitamin C     |              |                          |                          |
| Folate        |              |                          |                          |
| Calcium       |              |                          |                          |
| Iron          |              |                          |                          |
| Zinc          |              |                          |                          |

Some of the nutrients will have a \* beside them to show that data for some of the ingredients is missing. Tick these nutrients on the table.

Further work

Design your own healthy meal.

You can choose from the list of foods or create your own recipes in My Recipes and then take a portion across for the meal.