

Food

Nutrition file

Aim: To find out which nutrients different foods have in them, and use this information to design a balanced menu for a day.

What to do:

1. Over a week or so, cut out the 'Nutrition Information' panels from as many food packages as you can. You'll find them on many packaged foods, including labels on tins, bottles and boxes. If you rummage about in the bin for them, don't forget to wash your hands!
2. Label five blank pages, one for each main nutrient type:
 - Carbohydrates
 - Fats
 - Proteins
 - Vitamins
 - Minerals
3. Study each label carefully. Decide which nutrient it contains lots of, then stick it onto the right page of your nutrition file. Some things might go on more than one page. Write the name of the food underneath each label. Things like apples don't have packaging with labels. Try looking these up in nutrition tables, then writing them down on the right page.
4. When you have built up your nutrition file, you could try putting together a day's menu (breakfast, lunch and dinner) that would provide a tasty but balanced diet for someone your age. If you can, suggest how much of each food should be served. Remember to include drinks in your plan.
5. Now you've done all the work, you could always test out your menu on yourself. Remember your meal should taste and look great too!

Extra information

To help you decide where to file each food, you need to know a couple of things about food labels:

- Lists of ingredients put things in order, with whatever the food contains most of first.
- Nutrition information panels usually give two numbers for each nutrient. One tells you how much the food contains per 100g. The other tells you how much of that nutrient a typical serving would have in it. You'll need to decide which figure to use.
- Energy is measured in kilojoules (kJ). Some labels mention calories, which is the old fashioned unit for energy.

Food *Continued...*

- Sometimes, guideline daily amounts of nutrients are shown. This information will help you design your menu. Remember that these amounts are for adults - you will need to adjust for teenagers! The table below will help you:

Teenage daily reference requirements:

Age	Sex	Energy (kJ)	Protein (g)
11-14	M	9300	42.1
	F	8000	41.2
15-18	M	11500	55.2
	F	8800	45.0