



Worksheets for the Nutrition Program



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The Worksheets

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Tuna pasta bake - lower the fat and increase the fibre

Make a healthier scones recipe

Veggie burger and Beef burger - compare nutrition

Spaghetti with bacon and cream - lower the fat

Macaroni cheese - change the recipe

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Carrot cake – costing and nutrition

School lunch - compare four lunches

Your diet

Nutrition Crossword, Quick Quiz



Worksheets for the Nutrition Program

This series of worksheets will help you get started with activities to use The Nutrition Program.

The skills shown are:

- recipe analysis
- changing the nutrition of a recipe
- comparing recipe nutrition
- looking at allergens
- costing a recipe
- diet and lunchbox analysis

The Worksheets

Getting started with a smoothie

This activity shows step by step how to put a recipe into the program.

Tuna pasta bake

Lower the fat and increase the fibre.
This activity shows how to work out the nutritional value of a recipe then change it to make it healthier and lower the fat and increase the fibre.

Make a healthier scones recipe

This activity shows how to adapt a scone recipe to increase the fibre.

Veggie burger and Beef burger

Compare the nutrition.
This activity compares two recipes to look at their nutritional value.

Spaghetti with bacon and cream - lower the fat

This activity takes a very fatty recipe and looks at ways to lower the fat to make it more healthy.

Macaroni cheese

Change the recipe and lower the fat and increase the fibre.

Pizza - lower the salt

This activity shows a recipe for a very salty pizza and then you can make another one with a much lower salt content.

High energy oat bar

Make a food label and then look at changing the nutrition.

Couscous salad

Look at allergens.
This activity tells you about allergens and how to make a recipe allergen free.

Carrot cake - costing and nutrition

This activity shows how to look at the cost of making a product and then how to change the costs. This will help to design within budget limits and to help work out a selling price.

School lunch - compare four lunches

Using the diet section, compare 4 lunches to see which is the healthiest then design your own.

Your diet

Analyse your diet and see how good it is. Try and improve it and see the changes.

Nutrition Crossword, Quick Quiz

To test your knowledge - with answers!

Getting started with a smoothie

In this worksheet, you will put a simple recipe into The Nutrition Program and look at the cost and nutrition information that the program provides.

Smoothie recipe

Serves 2

Ingredients

100g strawberries
1 medium banana
200 ml semi skimmed milk
10 blueberries

Method

1. Take the stalk out of the strawberries, and peel and chop the banana.
2. Place all the ingredients in a food processor and whizz until smooth.
3. Serve and drink immediately.

Use the Nutrition Program

- Click My Recipes and Create a new recipe.
- Enter the recipe name Smoothie, Portions 2
- In Find ingredient, find the first ingredient – strawberries.
- Add the weight – the program helps you by giving the average weight.
- Add all the other ingredients then save the work.
- The recipe is saved in My Recipes.
- Click the Smoothie and look at Nutrition Info.
- You will see the nutritional information for your Smoothie.

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Getting started with a smoothie

To do

Put the recipe into the program and look at the Cost Analysis and the Nutrition info and export the work.

What is the nutrition for 100g of the main 8 nutrients?

Complete the chart for the smoothie.

Smoothie		
	100g	portion
Energy kcal		
Protein		
Carbohydrate		
Fat		
Saturated fat		
Fibre		
Salt		

Now change the recipe and add different ingredients. How does the nutrition for 100g change?

Write out the new recipe and complete the nutrition chart or export the chart from the program.

Smoothie 2		
	100g	portion
Energy kcal		
Protein		
Carbohydrate		
Fat		
Saturated fat		
Fibre		
Salt		

My smoothie recipe