


Comparing Meals

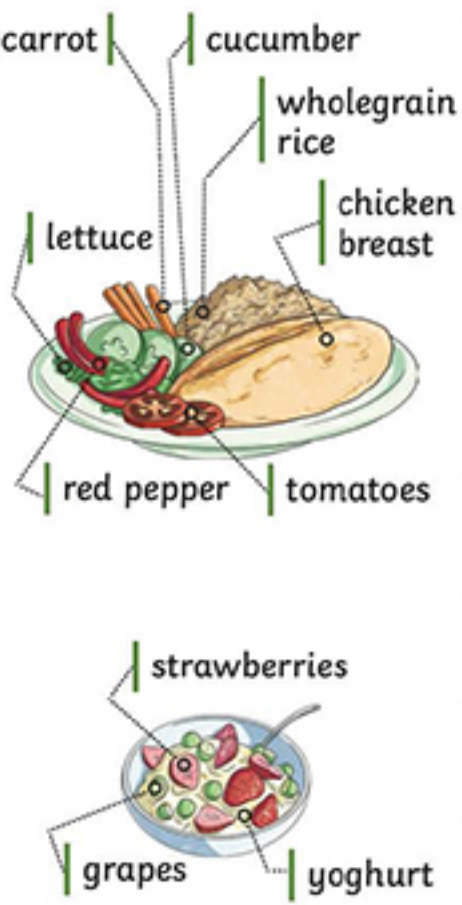
To sort foods into food groups and find out about the nutrients that different foods provide.



Look carefully at the foods that each of these meals contains.

Write down the name of each food, the main food group that it is in and the nutrients that it provides (remember that many foods provide more than one nutrient).

Meal 1	Food	Main Food Group	Nutrients
	pasta	carbohydrate	fibre
	grated cheese	dairy	protein
	chocolate sauce	dairy	potassium
	cherry	fruits and vegetables	vitamin c and potassium
	chocolate	dairy	protein and fat
	cream	dairy	vitamin a and c
	ice cream	dairy	vitamin a and c

Meal 2	Food	Main Food Group	Nutrients
	carrot	fruit and vegetables	vitamin a
	cucumber	fruit and vegetables	vitamin c, potassium
	wholegrain rice	carbohydrates	iron
	chicken breast	protein	vitamin b6 and b3
	lettuce	fruit and vegetables	vitamin c and potassium
	red pepper	fruit and vegetables	vitamin c, a, k and e
	tomatoes	fruit and vegetables	vitamin c, k, potassium and folate
	strawberries	fruit and vegetables	vitamin c, potassium and magnesium
	grapes	fruit and vegetables	vitamin c and k
	yogurt	dairy	calcium and sodium

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Challenge!

Which of these meals do you think is the most nutritious choice and why?

I think the meal 2 is the most nutritious because it has more fruits and vegetables than meal one. It also has protein which meal 1 does not have.

How would you improve the less nutritious meal to make it more nutritious?
