

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
 <p>pasta</p> <p>grated cheese</p> <p>chocolate sauce</p> <p>cherry</p> <p>chocolate</p> <p>cream</p> <p>ice cream</p>			

Meal 2	Food	Main Food Group	Nutrients
			

Challenge!

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

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

Comparing Meals Answers

Example answer:

Meal 1	Food	Main Food Group	Nutrients
	<i>pasta</i>	<i>potatoes, bread, rice and pasta</i>	<i>carbohydrate</i>
	<i>cheese</i>	<i>dairy and alternatives</i>	<i>protein, fat, minerals</i>
	<i>ice cream</i>	<i>foods high in fat/sugar</i>	<i>fat, minerals</i>
	<i>cherry</i>	<i>fruit and vegetables</i>	<i>vitamins, minerals, water</i>
	<i>chocolate and chocolate sauce</i>	<i>foods high in fat/sugar</i>	<i>fat, carbohydrate</i>
	<i>cream</i>	<i>foods high in fat/sugar</i>	<i>fat, minerals</i>

Meal 2	Food	Main Food Group	Nutrients
	<i>lettuce</i>	<i>fruit and vegetables</i>	<i>water, vitamins, minerals</i>
	<i>cucumber</i>	<i>fruit and vegetables</i>	<i>water, vitamins, minerals</i>
	<i>red pepper</i>	<i>fruit and vegetables</i>	<i>water, vitamins, minerals</i>
	<i>carrot</i>	<i>fruit and vegetables</i>	<i>vitamins, minerals, fibre, water</i>
	<i>tomato</i>	<i>fruit and vegetables</i>	<i>water, vitamins, minerals</i>

Meal 2	Food	Main Food Group	Nutrients
	<i>wholegrain rice</i>	<i>potatoes, bread, rice and pasta</i>	<i>carbohydrate, fibre, vitamins, minerals, protein</i>
	<i>chicken</i>	<i>beans, fish, eggs, meat and pulses</i>	<i>protein, vitamins</i>
	<i>strawberries</i>	<i>fruit and vegetables</i>	<i>water, vitamins, minerals, carbohydrate</i>
	<i>grapes</i>	<i>fruit and vegetables</i>	<i>vitamins, minerals</i>
	<i>yoghurt</i>	<i>dairy and alternatives</i>	<i>protein, vitamins, minerals</i>

Challenge!

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

Example answer:

Meal 2 is the most nutritious choice because it provides a wide range of nutrients including protein in the chicken and carbohydrate in the rice. The fact that it has lots of different fruits and vegetables means that there will also be a range of different vitamins and minerals. Meal 1 is more limited in the nutrients it provides. There are not enough vitamins, minerals or fibre in this meal. Apart from the raspberry on top, the dessert is made up of foods which should only be eaten in small amounts.

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

Example answer:

Meal 1 could be improved by changing the pasta to wholewheat pasta as this would be a better source of fibre, vitamins and minerals. Cheese does provide protein but as it is quite high in saturated fat and salt, adding some beans or fish to the pasta would be a more nutritious option. Stirring in some vegetables such as broccoli and carrot would provide more vitamins, minerals and fibre. It would be better to have a small scoop of ice cream with a fruit salad. The fruit would provide vitamins and minerals.