

## Food Technology

(Hand in first lesson in September)

Sarah is 18 years of age and has a B.M.I. OF 30. She takes the bus to work each day and has a sedentary office job. She takes very little exercise in the evenings and weekends and often has a take-away meal for tea.

A typical day's diet is:

Breakfast: 2 slices white toast and jam. Cup of tea.

Mid-morning: 2 chocolate biscuits. Coffee.

Lunch: Pot noodle. Doughnut. Bag of Maltesers. Can of Coke.

Mid-afternoon: Bag of crisps.

Dinner: Mac Donald's Big Mac and fries. Coke.

Evening snack: Large glass of red wine. Packet of peanuts.

1. Evaluate this diet. You need to explain why her diet and lifestyle is unhealthy, naming specific nutrients that are in excess or are missing.
2. Produce a 2-day dietary programme for Sarah (one day being at the weekend) that will help her to eat a balance diet.
3. Justify your choices and suggest some lifestyle changes that Sarah could put in place to improve her long-term health.
4. Make one of the main course dishes you have planned in task 2, provide photographic evidence of the high-level skills you have used, nutritionally analyse using Food a Fact of Life and comment on whether the dish is nutritionally appropriate (low fat etc)