Worksheets for the Nutrition Program
# The Worksheets

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- **Make a healthier scones recipe**
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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.
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.

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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.

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