

Healthy and Mediterranean balanced Christmas menu



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Before starting you should know that this diet is for a person that want to eat healthy and without gaining to much weigh

- 1- Design a healthy and balanced menu for a Christmas day. You must indicate what foods and their amounts make up each of the meals.
- 2- Calculate (in your Scralch program or in the proposed websites) the main energy and nutrients provided by each of the meals on your menú.
- 3- Classify the food in your menu according to their fuction (energy, regulatory or structural)
- 4- Explain one of the meals on your menu. You must add images and detail the recipe by step.
- 5- Why is your menu healthy balanced? Justify it with what you know about the unit
- 6- Does your menu fit the Mediterranean diet? Why?

1- Design a healthy and balanced menu for a Christmas day. Indicate what foods and their amounts make up each of the meals.

- Breakfast will consist in: two toast of (40gr) of whole wheat bread roll, by (50gr) of tomato, accompanied by a (200 ml) glass of oat milk, with a glass of natural orange juice (200ml).
- Half morning will consist in: a piece of fruit; a banana and a 200ml glass of water.
- Lunch will consist in: a portion of roast turkey (about 150gr) with 50gr of roasted potato, (50gr) of carrot and (30gr) of onion, and for dessert a fruit (pear), 1 blaker of almonds and chocolate (75gr) and for drink (200ml) glass of water.
- Afternoon snack will consist in : A skimmer yogurt (100gr), accompanied of a rusk (25gr)with (5ml) of olive oil.
- Dinner will consist in: a ration of hake in seafood sauce (150g) accompanied by clams and prawns. For drink (200ml) glass of water and for dessert a natural egg flan (125gr).

2-Calculate (in your Scralch program or in the proposed websites) the main energy and nutrients provided by each pf the meals on your menu

BREAKFAST:

FOOD	Energy (kcal)	Carbohydrates (g)	Proteins(g)	Lipids (g)
2 toast of 40gr of whole wheat bread roll.	98 kcal	56 g	13 g	3g
50gr of tomato.	9 kcal	3 g	0,80 g	0,2 g
200 ml glass of milk.	110 kcal	10 g	6g	1,2 g
200 ml glass of a natural orange juice.	90 kcal	20 g	1,4 g	0 g
TOTAL	307 kcal	89 g	21,2 g	4,4 g

HALF MORNING

FOOD	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
A piece of fruit (banana)	80 kcal	35g	1,4 g	0,1g
200 ml glass of water	0 kcal	0 g	0 g	0 g
TOTAL	80 kcal	35 g	1,4 g	0,1 g

LUNCH

FOOD	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
A portion of roast turkey (150gr)	190 kcal	0 g	30 g	7 g
50 gr of roasted potato	42 kcal	10 g	0,86 g	0,05 g
50 gr of carrot	20 kcal	3,5 g	0,6 g	0,1 g
30 gr of onion	13 kcal	3,03 g	0,28 g	0,02 g
A pear	57 kcal	15 g	0,4 g	0,1 g
200 ml glass of water	0 kcal	0 g	0 g	0 g
1 blaker of almonds and chocolate (75gr)	400 kcal	40 g	4,46 g	30 g
Total:	722 kcal	71,53g	36,6 g	37,27 g

AFTERNOON SNACK

FOOD	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
A skimmer yogurt (100gr)	56 kcal	3,6 g	10 g	0,1 g
A rusk (10gr)	26 kcal	4,8 g	0,7 g	0,4 g
Olive oil (5ml)	50kcal	0 g	0 g	13 g
Total	132 kcal	8,4 g	10,7 g	13,05 g

Dinner

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
A ration of hake in seafood sauce (100gr).	62 kcal	0,3 g	12,8 g	1 g
Clams (5 clams)	35 kcal	1,15 g	5,75 g	0,45 g
Prawns (3 prawns)	12 kcal	0,012 g	2,43 g	0,21 g
200ml glass of water	0 kcal	0 g	0 g	0 g
A natural egg flan (125gr)	200 kcal	26 g	6 g	7,5 g
TOTAL	390 kcal	27, 462 g	26,98 g	9,16 g

3- Classify the food in your menu according to their function (energy, regulatory or structural)

BREAKFAST: - Toast of whole wheat bread roll: is energy; - Tomato: is regulatory; - Milk: is structural;
- Orange juice: regulatory.

HALF MORNING: - Banana: is regulatory; - Water: is regulatory and structural.

LUNCH: - Roast turkey: is structural; - Potato: is energy; - Carrot: is regulatory; - Onion: is regulatory;
- Pear: is regulatory; - Water: is regulatory and structural and 1 blaker is: energy.

AFTERNOON SNACK: A yogurt : is structural; - Rusk: is energy.

DINNER: - Hake in seafood sauce: is structural; - Clams: is structural; - Prawns: is structural; - Water: is regulatory and structural; Egg flan: is structural.

4- Explain one of the meals on your menu. You must add images and detail the recipe step by step.

- I´m going to explain the recipe of hake in seafood sauce with prawns and clams.

First we have to know that the hake is a dish that can be prepared in many ways.

In this case we are going to prepared in seafood sauce, this recipe have is low in fat.

I have prepared the recipe with frozen hake fillets, but you can prepared it with strawberry hake.

Now i´m going to explain you the ingredients for a hake for four persons; We have:

- 4 hake fillets (600 g approximately).
- 250 g of clams.
- 16 prawns.
- 150 ml of White wine.
- 1 onion.
- 2 cloves of garlic.
- 1 tablespoon of flour.
- Salt.
- Olive oil.



I'm going to explain the recipe step by step.

- It's 5 steps:

- First: Clean the prawns well; remove the head and all the shell, and leave the tail. Repeat this with all the prawns .
- Second: Cut the onion finely and chop the garlic and parsley well. Put a little olive oil in a bowl and put all the shrimp shells to saute them. When they change their colour add a glass of water and let it boil for 5 minutes more or less.
- Third: Put a frying pan on the heat and add a splash of olive oil. Add the onion and then add the garlic and parsley when the onion is transparent. Give it a few turns and in a minute add a table spoon of flour. Then add the white wine. And also add the broth that you have prepared with the prawn heads with a strainer.
- Fourth: Cook the hake. When it has reduced the white wine add the fish. Put your taste of salt and cover it.
- Fifth: Add the prawns and the claws. Then in 4 or 5 minutes the fish will be ready. Add the tails of the prawns and the claws. Cover the pan and let it cook for 3 minutes.

AND YOU WILL HAVE YOUR HAKE IN SEAFOOD SAUCE READY.

5- Why is your menu healthy and balanced? Justify it with what you know about the unit

My menu is healthy and balanced because it complies with all the necessary recommendations for this, for example:

- We distribute the foods well, how: 20% the breakfast, 10% the half morning, 30% the lunch, 15% the afternoon snack and 25% the dinner.
- We eat the necessary carbohydrates, the necessary energy, the necessary lipids and the necessary proteins.
- Our menu is healthy and balanced because it is a menu: social, suitable, affordable, satisfactory, sustainable, sufficient in quantity and safe.

6- Does your menu fit the Mediterranean diet? Why?

My menu is a mediterranean diet because comply with this rules:

- We have to eat one or two portion of: Olive oil, potatoes, sugar, butter and more, and in our menu we have: potatoes and olive oil.
- Then we have to eat 3 portion diary, this are: Meat, fish, eggs, milk, cheese... And in our menu we have: milk, meat, and fish.
- For finish we have to eat 5 or 6 portion of this: the fruits and the vegetable, and in our menu we have: carrot, pear, onion, banana, tomato and orange.
- We eat 2 blakers of almonds and chocolate but nothing happens because it is the only thing you are going to eat of sweets all month.
- And we also drink the necessary of water for our body.