

MY CHRISTMAS MENU



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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.

1. BREAKFAST: Consist in 250 ml glass of peach juice, two slices of bread (30gr for slice) with a little honey (two pounds for slice is a 14.4 gr for honey in slice), too you can accompany with a banana (125 gr).

2. MID-MORNING SNACK: Consist in a strawberry greek yogurt and two glass of water (250 for a glass ml)

3. LUNCH: Consist in a plate of baked sole (200 gr), with a boiled potato (100 gr) and a sauce accompanying the potatoes with tomato sauce (28.5 gr of tablespoon).

4. MID-AFTERNOON SNACK: Consist in a piece of fruit and cereals cake (40gr for piece), one glass of orange juice (250ml) and glass of water (250ml).

5. Dinner: consist in a plate of meatballs in broth (200 gr), one glass of water (250 ml).

2. Calculate (in your Scratch program or in the proposed websites) the main energy and nutrients provided by each of the meals on your menu.

BREAKFAST PROVIDE:

food	energy (kcal)	carbohydrates (g)	proteins (g)	lipids (g)
250 ml glass of peach juice	125 kcal	26.6 g	0.63 g	0.22 g
two slices of bread (30gr for slice)	153 kcal	28.8 g	4.9 g	1.6 g
little honey (two pounds for slice is a 14.4 gr for honey in slice)	43.2 kcal	10.8 g	0 g	0 g
banana (125 gr)	120 kcal	26 g	1.3 g	0.3 g

MID-MORNING SNACK PROVIDE:

food	energy (kcal)	carbohydrates (g)	proteins (g)	lipids (g)
strawberry greek yogurt	135 kcal	14 gr	2.3	7.4
two glass of water	0	0	0	0

LUNCH PROVIDE:

food	energy (kcal)	carbohydrates (g)	proteins (g)	lipids (g)
plate of baked sole(200 gr)	252 kcal	1.5 g	52.5 g	3.9 g
boiled potato (100 gr)	77 kcal	16 g	1.7 g	0.2 g
tomato sauce (28.5 gr of tablespoon)	24.8 kcal	2.9 g	0.1 g	0.9 g

MID-AFTERNOON SNACK PROVIDE:

food	energy (kcal)	carbohydrates (g)	proteins (g)	lipids (g)
a piece of fruit and cereals cake (40gr for piece)	116 kcal	18.2 g	2 g	3.5 g
one glass of orange juice (250ml)	115 kcal	30 g	1.5 g	0.5
glass of water (250ml)	0 kcal	0 g	0 g	0 g

DINNER PROVIDE:

food	energy (kcal)	carbohydrates (g)	proteins (g)	lipids (g)
plate of meatballs in broth (200 gr)	284 kcal	13.6 g	13.6 g	19.4 g
one glass of water (250 ml)	0 kcal	0 g	0 g	0 g

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

Energy	regulatory	structural
slide of bread	meatballs	juice
boiled potato	strawberry yogurt	tomato sauce
honey	backed sole	banana
cake of cereals and fruit		

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

INGREDIENTS: water, bone of ham, bone of pig, food coloring and saffron.

MEATBALL minced meat (250 gr), 4 garlic, serrano ham, vinegar, 1/2 white wine, parsley.

STEP & STEP:

1) You fry the pot with a bone of ham and bone of pig.



2) You have revised the broth to watch the color. You have quiet the foam that formed. And retire the bone when the result is ready.



3) You have cut the garlic and ham in the short pieces. After that you add parsley and mold with meat.



4) The next step is mix the eggs and you put the meat and add vine and breadcrumbs. And the meat look this:



5) You take vinegar and mold the meatball, to your liking. You reserve the vinegar surplus.



6) You put the meatballs in the cooking pot in the brot and add saffron. you put the food colorant.



7) You wait 20 minutes and your meatballs are ready!



5) why is your menu healthy and balanced? Justify it with what you know about the unit.

In my opinion I think my menu is healthy and balanced, because I put all types of ailments and I make five parts. Also I make the menu in base in my food I eat in christmas and my mom explain me the recet of meatballs. In conclusion the menu is based too in a mediterranean diet and I think the ailments is healthy.

6. Does your menu fit the Mediterranean diet? why?

Yes because I watch some websites of mediterranean food and recipe. I based my work in my diet and foods I eat in christmas.