

# Healthy and Mediterranean balanced Christmas menu(Christmas Eve)



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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

**Breakfast**

200 grams of cow's milk 2 grams of soluble coffee powder 2 slices (30 grams) bread with oil (4 grams)

**Mid-morning**

1 apple (200 grams) and a handful of dried fruits (30 grams)

Lunch 50 grams of salmon on the iron with a salad composed of 30 grams of lettuce, 20 grams of oil, 80 grams of tomato and 56 grams of tuna 200 grams water 1 slice of bread (15 grams) 125 grams yogurt skimmed

**Afternoon snack**

80 grams of banana

**Dinner**

200 grams Shrimps, 90 grams of serrano ham 40 grams of picadillo soup 180 grams of turkey 35 grams of powder 60 grams of liqueur

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**

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
Cow's milk	130	4.6	3.2	3.9
Soluble coffee powder	2	11	18.5	0
bread	205	55.9	8	70
Oil	4	0	0	99.9
<b>Total</b>	<b>341</b>	<b>71.5</b>	<b>29.7</b>	<b>173,8</b>

**Mid-morning**

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
Apple	55	11.5	0.3	0.3
Dried fruits	151,5	40.4	15.1	32.1
<b>Total</b>	<b>206,5</b>	<b>51.8</b>	<b>15.4</b>	<b>32.4</b>

**Lunch**

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
Salmon in the iron	95.5	0	20,6	12
lettuce	6	1.5	1.3	0,5
oil	4	0	0	99.9
tomate	23	3.5	0.8	0.2

bread	41.25	55.9	8	70
water	0	0	0	0
tuna	126.56	0	21	15.5
yogurt	154	27	5	3
Total	450,31	87.9	56,7	198.4

Afternoon snack

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
banana	96	20.8	1	0.2
Total	96	20.8	1	0.2

Dinner

Food	Energy (kcal)	Carbohydrates (g)	Proteins (g)	Lipids (g)
Serrano ham	136	0	21.3	5.6
soup	128	58.2	11	4.6
turkey	114	0	20.5	3.6
powder	564	50.3	4.5	37.7
liqueur	135	37	0	0
shrimps	494	66.2	2.1	24.6
Total	1.571	211.7	59.4	76,1

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

Function

Energy-bread,oil,soup,

Regulatory-apple,tomate,banana

Structural-turkey,yogurt,shrimps,serrano ham,salmon,tuna,

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

recipe step by step.

Christmas turkey recipe

Ingredients

1 turkey (2-3 kl)  
100 Gram(s) melted butter  
2 large onions  
4 carrots  
4 sprigs celery  
5 large potatoes  
250 Milliliter(s) white wine  
Thyme  
Laurel  
Salt  
Grapes  
Nuts (pinions, nuts...)

Steps to follow

3.The first thing is to use the salt to rub the turkey inside and out.

2.Next, we'll immerse it in a large bowl of water and let it rest there for about 12 hours in the fridge.

3.Before we start making the turkey, preheat the oven to 180o. While it heats up, we remove the turkey from the water and rinse it well.

4.Melt the butter along with a splash of olive oil and mix it with the thyme and spices we want to add (parsley, oregano, pepper...). Spread the mixture over the turkey skin very carefully and pour a little inside.

5.To go on, we take an onion, a carrot, a celery branch and the bay leaf and place everything inside the turkey to fill it. Reserve.

6. Cut the rest of the vegetables and potatoes and make a bed with them on a baking dish. We sprinkle, add a splash of olive oil and pour some white wine over the potatoes, so that sauce is formed.

7. Place the turkey in the fountain with the breasts down and put the tray in the oven.

8. The turkey will take between 3 and a half and 4 hours, it will depend a little on the oven we have and the size of the turkey. Halfway through the cooking, we turn the turkey over so it's browned on both sides.

9. When the turkey is ready, we must calculate that it must be left to rest for half an hour before crushing it, so that the residual heat decreases and we do not cut the cooking suddenly.



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

It is balanced and healthy because it has five meals, meets the necessary energy supply, follows most of the recommendations of the healthy eating pyramid... Some criteria do not meet them because

is menu designed for Christmas Eve

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

Yes. Because it's got food from that diet.