

SALUD MARIA BERMUDEZ SAEZ

Healthy and Mediterranean

BALANCED CHRISTMAS MENU.

anuga

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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.
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1

DESIGN A HEALTHY AND
BALANCED MENU FOR A
CHRISTMAS DAY. YOU MUST
INDICATE.



BREAKFAST

It consists of a glass of semi-skimmed milk of about 200 ml, with 15 g of colacao more or less and a slice of wholemeal bread of about 40 g with 10 g of oil and about 20 g of Serrano ham.

MIDMORNING

It consists of about 200 ml of natural yogurt and about 10 g of almonds, 10 g of walnuts and 10 g of hazelnuts.

LUNCH

It is made up of about 3 roasted prawns, about 50 grams of cold meats, 20 grams of ham, 10 grams of cheese, 10 grams of salmon and 10 grams of olives. 200 g roast ham with about 20 g of pepper sauce, about 100 g of cooked rice and about 150 g of salad. about 30 g of bread. And for dessert about 100 g of roscón de reyes for the dates.

AFTERNOON SNACK

Variated fruit. a piece of **mandarin and an apple**, if you want something more a handful of almonds of about 20 g.

DINNER

It consists of a 150g slice of grilled salmon and 80 g of roast potatoes. about 20 g of bread. all the water you want.

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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

energy- 684,85 kcal
carbohydrates- 38,46 g
proteins- 16,87 g
lipids- 17,56 g

FOOD	ENERGY (KCAL)	CARBOHYDRATES (G)	PROTEINS (G)	LIPIDS (G)
200 ML- SEMI-SKINNED MILK.	86,8 kcal	8,8 g	6 g	3,2 g
15 G- COLACAO.	57,15 kcal	10,06 g	1,47 g	1,21 g
40 G- WHOLE BREAD.	402,8 kcal	19,6 g	3,2 g	0,56 g
10 G- OLIVE OIL.	89,9 kcal	0 g	0 g	9.99 g
20 G- SERRANO HAM.	48,2 kcal	0 g	6,2 g	2,6 g

MIDMORNING

energy- 288,3 kcal
carbohydrates- 10,01 g
proteins- 24,9 g
lipids- 22,09 g

FOOD	ENERGY (KCAL)	CARBOHYDRATES (G)	PROTEINS (G)	LIPIDS (G)
200 ML- NATURAL YOGURT.	114 kcal	8,8 g	7,4 g	5,4 g
10 G- ALMONDS.	57,6 kcal	0,35 g	2 g	5,35 g
10 G- NUTS.	60 kcal	0,33 g	1,4 g	5,9 g
10 G- HAZELNUTS.	56,7 kcal	0,53 g	14,1 g	5,44 g

FOOD	ENERGY (KCAL)	CARBOHYDRATES (G)	PROTEINS (G)	LIPIDS (G)
3 ROASTED PRAWNS.	279 kcal	0 g	60,3 g	4,2 g
20 G- SERRANO HAM.	48,2 kcal	0 g	6,2 g	2,6 g
10 G- CHEESE	19,9 kcal	0,1 g	1,31 g	1,58 g
10 G- SALMÓN.	14,2 kcal	0 g	2,54 g	0,45 g
10 G- OLIVES.	18,7 kcal	0,1 g	0,08 g	2 g
200 G- ROASTED HAM.	290 kcal	3 g	53,6 g	35,21 g
20 G- PEPPER SAUCE.	10 kcal	1 g	0,2 g	0,6 g
100 G- COOKED RICE.	117 kcal	26,30 g	2,30 g	0,20 g
150 G- MIXED SALAD.	30 kcal	2,4 g	2,4 g	0,45 g
30 G- BREAD	81,6 kcal	17,4 g	3,34 g	0,3
100 G- WATER.	0 kcal	0 g	0 g	0 g
100 G- ROSCÓN DE REYES.	359 kcal	59,52 g	6,92 g	11,1 g

energy- 1267,6 kcal
carbohydrates- 109,82 g
proteins- 139,19 g
lipids- 58,69 g

LUNCH

AFTERNOON SNACK

energy- 88,4 kcal
carbohydrates- 21 g
proteins- 1,1 g
lipids- 0 g

FOOD	ENERGY (KCAL)	CARBOHYDRATES (G)	PROTEINS (G)	LIPIDS (G)
1 MANDARIN.	39,20 kcal	9 g	0,80 g	0 g
1 APPLE.	49,20 kcal	12 g	0,3 g	0 g

DINNER

energy- 396,2 kcal
carbohydrates- 27,6 g
proteins- 30,52 g
lipids- 18,28 g

FOOD	ENERGY (KCAL)	CARBOHYDRATES (G)	PROTEINS (G)	LIPIDS (G)
150 G- GRILLED SALMON.	273 kcal	0 g	27,6 g	18 g
80 G- ROASTED POTATOES.	68,8 kcal	16 g	1,36 g	0,08 g
20 G- PAN	54,4 kcal	11,6 g	1,56 g	0,2 g
WATER	0 kcal	0 g	0 g	0 g

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CLASSIFY THE FOOD IN YOUR MENU ACCORDING TO THEIR FUNCTION (ENERGY, REGULATORY OR STRUCTURAL).



- MILK - structural.
- COLA-CAO - energy.
- BREAD- energy.
- OLIVE OIL- energy.
- SERRANO HAM- structural.
- YOGURT- structural.
- ALMONDS- structural.
- NUTS- structural.
- HAZELNUTS- structural.
- ROASTED PRAWNS- structural.
- CHEESE- structural.
- SALMON- structural.
- OLIVES- regulatory.
- ROASTED HAM- structural.
- PEPPER SAUCE- structural.
- COOKED RICE- energy.
- MIXED SALAD- regulatory.
- WATER-
- ROSCON DE REYES- energy.
- MANDARIN- regulatory.
- APPLE- regulatory.
- GRILLED SALMON- structural.
- ROASTED POTATOES- regulatory.

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



ROASTED HAM WITH PEPPER SAUCE

INGREDIENTS

200 g of fresh ham.
3 g of salt.
1/4 large garlic cloves.
1 bay leaf.
1/2 tablespoons of oil.

A pinch of black pepper
Sprigs of thyme.
3 g butter
5 g pepper
20 g of cooking cream

STEPS TO FOLLOW

- 1.-Peel and cut the garlic very small, wash the bay leaf and thyme.
- 2.-In a bowl we put the ham and add salt and pepper, we also add the garlic.
- 3.-We spread the seasonings well with the ham.
- 4.-Above and below the meat we put the chopped thyme and bay leaf.
- 5.-We wrap it in cling film and put it in the fridge.
- 6.-12 hours later we turn the meat and put it back in film.
- 7.-After another 12 hours we take it out and remove all herbs, and it is spread in a little oil.
- 8.-We spread a baking tray in oil and put the meat inside.
- 9.-Put it in the oven for 14 hours at 80°, sprinkle it with the sauce from time to time.
- 10.-For the pepper sauce, put the butter in a pot and wait for it to melt, add the pepper and let it boil.
- 11.-Add the cream and cook for 5 minutes.
- 12.-And with this, everything would be.

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



My diet is not entirely healthy

It is not made up of 55% carbohydrates, 30% lipids and 15% proteins, but rather 40% carbohydrates, 40% proteins and more or less 20% lipids.

If it is very varied, it contains all kinds of nutrients, it does not have all the servings of fruit and vegetables, it contains protein but not in excess.

If there is more than 1.5 liters of water and there is no excess salt.

If there are five meals, the most energetic breakfast and lunch and the lightest snack and dinner taking into account that it is a Christmas diet.

A collage of fresh Mediterranean ingredients including tomatoes, lemons, olives, fish, and herbs.

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Does your menu fit the Mediterranean diet? Why?

My menu does fit the Mediterranean diet since it contains oil that is a fundamental element, ham, which is very typical, meats such as roasts of pork and fish from the area, which are the most representative elements of the diet Mediterranean, as well as seasonal vegetables and fruit.

FAREWELL

You have to maintain a healthy diet and a generally healthy life. It is the best option and it is not difficult at all.