

SBI3U – Assignment
SHSM Hospitality and Tourism Focus
Eat Well, live well! Planning a Nutrient Rich Menu

You will design a one-day menu that must meet certain criteria and analyze the menu for nutrient and digestion information.

The details:

Your menu must include: breakfast, lunch, dinner and a muffin snack.

The muffin will be made from a recipe and you should choose a recipe that is nutrient-dense and should have some fibre.

You can comprise your daily menu however you like; but, you must use 1 more recipe some time during the day.

When handing in the assignment you should include:

- A copy of your recipes (2 in total)
- A copy of your menu
- Design and fill in all charts
- Answer all the questions



The assignment:

1. Develop a chart that clearly shows the main ingredients in your menu and recipes. You need to only list the main ingredients. Items like salt, baking soda, spices do not need to be listed. Adjust your recipes so they show the amounts for one serving. (i.e. if recipe serves 4, divide amounts by 4)
2. Using the list of main ingredients from step 1 identify the main nutrients in your products. Identify the functions of these nutrients for the body. Concentrate on identifying the main macronutrients (carbohydrates, protein and fat) and one or two micronutrients (vitamins and/or minerals) for each ingredient (up to ten different micronutrients should be covered in total). You may use a chart similar to this:

Ingredient	Macronutrient(s) Present	Micronutrient(s) Present	Function(s) of Nutrient

3. Using your ingredients list again and your menu, note the amount of each ingredient. Then using a nutrient table, analyze the nutritional value of your menu. You may use a chart similar to this:

TITLE						
Ingredient	Amount Used in Your Recipe	Calories (kcal)	Carbohydrates (grams)	Fibre (grams)	Protein (grams)	Fat (grams)
Totals						

4. Using proper terminology, outline how each of the macronutrients in your **recipes** (not your entire menu) is digested, absorbed and metabolized during each stage of digestion. Use diagrams if needed. Be specific as to the ingredients in your recipes and to the stages and steps of digestion.
5. Discuss the following questions:
- How did you or could you increase the fibre content in your muffins?
 - What is the role of fibre in the body?
 - Is water present in your recipes? If so, in what form? What is the role of water in the body?
6. Create a login to www.caloriecount.about.com and enter your menu into the food log. Print a copy of the food log analysis for the day. Include this print out in your report. Considering the findings of the analysis. Is the analysis complete – why or why not? How does your menu do? What areas need improvement? What changes to your menu do you need to make to make it healthier? Could you replace, add or alter any of the recipes to make them better? If so, which ones?

