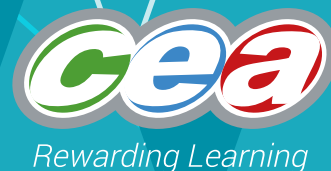


# FACTFILE: GCSE HOME ECONOMICS: Food and Nutrition



## Nutritional and Dietary Needs: Knowledge and Understanding of Ingredients in Planning and Developing Menus

### Learning outcome

Students should be able to:

- Apply and demonstrate knowledge and understanding of ingredients in planning and developing menus.



### Learning Outcome Link

#### Nutritional and dietary needs

**Plan, prepare and evaluate meals and diets and modify recipes for different groups of people with specific nutritional and dietary needs to reflect current government nutritional guidelines.**

It is important to learn how to use ingredients to plan and develop menus to meet the needs of a wide range of individuals considering age/gender/level of activity/specific needs and issues such as money available and skills of whoever is preparing the food. Remember to follow the guidance from the Eatwell Guide and the 8 healthy tips for healthy eating.

## Activities

List a variety of dishes that could be made using the ingredients from the five different ingredient lists. (You may need to alter the quantity).

What other ingredients might you add to each list to make your chosen meals?

How could the dishes you have planned be improved in relation to increasing the amount of **fibre** it contains? Justify your reasons.

How could you make each dish healthier: **lower in fat** and **lower in salt**. Justify your reasons.

Plan a meal to meet the dietary needs of a young female with **osteoporosis**. List the ingredients and give reasons for your choice.

Plan a meal to meet the dietary needs of a male (45) with **cardiovascular disease**. List the ingredients and give reasons for your choice.

Plan a meal to meet the nutritional needs of an **adolescent** who plays football. Justify your reasons for choice.

List four examples of common **left over food items**. Plan a dish using these ingredients. You may wish to add other ingredients to your list.



### Learning Outcome Link

#### Resource Management

Describe a range of strategies to reduce food waste.

## Ingredient Scenario Cards

**3 eggs**  
**100g cheese**  
**½ onion**  
**100ml milk**

**½ loaf of bread**  
**6 eggs**  
**1 litre of milk**

**Tin of tomatoes**  
**Pasta**

**Cold potatoes**  
**6 rashers of bacon**  
**½ white cabbage**

**Shortcrust pastry**  
**6 eggs**

**3 bananas**  
**1 kiwi**  
**1 small carton yogurt**

