Complete a nutritional information chart.

**Theory** You need to complete a nutritional information chart for the dishes you chose last week, which you decided were suitable for a teenager. I have provided an example and explanation below how your charts should be presented.

Example

Nutritional information Dish ………………………………………………………

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| --- | --- | --- | --- |
| Ingredient  | Nutrient | Functions  | insufficient |
| List all ingredients in this column | List what nutrient is found in the ingredient.  | Explain what the functions are of the nutrient. | List what happens if the body does not obtain enough of the specific nutrient.  |
| Example Beef  | Protein | Growth and repair | Poor skin and nails Infections |
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Useful links

<https://www.youtube.com/watch?v=VUyEPf-IvdM>

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Please return all completed work to me denise.curtis@oasiswintringham.org