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 ………………………………………………………

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Useful links

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

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

Please return all completed work to me [denise.curtis@oasiswintringham.org](mailto:denise.curtis@oasiswintringham.org%20along)