

KISUBI SEMINARY

ACTIVITY OF INTERGRATION ON NUTRITION TYPES AND TYPES OF NUTRIENTS

RELEVANCE/03	ACCURACY/03	COHERENCE/03	EXCELLENCE/01	TOTAL/10

Many families in Uganda on average are composed of about 7 members in Apokor village in Tororo, there is a family which is having a father, mother and grandfather, Peter and Becky teenagers studying at Lubiri ss, one of breast feeding baby, Barbra is studying at the university. The mother is trying to wean the baby as early as 2 months. The grand father is suffering from diabetes, so the doctor advised him to avoid eating certain foods for his health, the mother has blood pressure and she is ever complaining of her large body weight. Barbra has been trying to avoid food being cooked at home and resorted to eating junk food so as to maintain a small body figure. Their father works as a builder which makes him so tired and exhausted. The Peter and Becky have a very good appetite for food at home because they want to be in good condition to pass their exams at the end of the year, although Becky sometimes gets weak and sickly because of cramps.



TASK

As a food science and nutritional officer who owns a farm, a restaurant and a super market and deals with supplying foods like milk, apples, cakes, chapattis, sugarcane, cassava, sweet potatoes, Amaranthus, cheese, avocados, peas, millet, oranges, ginger, mangoes, silver fish, cabbage, yoghurt, bread, noodles, beans, matooke, yams and water.

Design a menu for each of the members of the family showing how you would distribute their food nourishment requirements and explain to each why it is important that you distributed it like that.

ALUTA CONTINUA