**Portfolio Activities** Donna lee barker

VE000684920

31544/03

|  |  |
| --- | --- |
| **HEALTHY OR TREAT FOOD** | Healthy food |
| **NAME OF FOOD** | Medjool Dates |
| **SERVING PER PACK** | 907g |
| **INDIVIDUAL SERVING SIZE** | 51g |
| **ENERGY (KILOJOULES) PER SERVE** | 684kj |
| **VISUAL SIZE GUIDE** | About 4 dates |
| **HAVE YOU BEEN ESTIMATING THE CORRECT SERVING SIZE YES/NO** | No I thought it would have been 3 dates |

**PORTFOLIO ACTIVITY 1:** 3 Healthy treats

|  |  |
| --- | --- |
| **HEALTHY OR TREAT FOOD** | Healthy food |
| **NAME OF FOOD** | Devondale skim milk |
| **SERVING PER PACK** | 8 |
| **INDIVIDUAL SERVING SIZE** | 250ml |
| **ENERGY (KILOJOULES) PER SERVE** | 380kj |
| **VISUAL SIZE GUIDE** | 1 cup |
| **HAVE YOU BEEN ESTIMATING THE CORRECT SERVING SIZE YES/NO** | yes |

|  |  |
| --- | --- |
| **HEALTHY OR TREAT FOOD** | Health food |
| **NAME OF FOOD** | Jalna low fat greek yoghurt |
| **SERVING PER PACK** | 10 |
| **INDIVIDUAL SERVING SIZE** | 100g |
| **ENERGY (KILOJOULES) PER SERVE** | 432kj |
| **VISUAL SIZE GUIDE** | Around ½ a cup |
| **HAVE YOUBEEN ESTIMATING THE CORRECT SERVING SIZE YES/NO** | Yes |

**3 FAVOURATE TREAT FOODS**

|  |  |
| --- | --- |
| **HEALTHY OR TREAT FOOD** | Treat food |
| **NAME OF FOOD** | The natural confectionery snakes |
| **SERVING PER PACK** | 20.8 |
| **INDIVIDUAL SERVING SIZE** | 25g |
| **ENERGY (KILOJOULES) PER SERVE** | 347kj |
| **VISUAL SIZE GUIDE** | 2 snakes |
| **HAVE YOU BEEN ESTIMATING THE CORRECT SERVING SIZE YES/NO** | no |

|  |  |
| --- | --- |
| **HEALTHY OR TREAT FOOD** | Treat food |
| **NAME OF FOOD** | Smiths salt and vinegar chips |
| **SERVING PER PACK** | 6.3 |
| **INDIVIDUAL SERVING SIZE** | 27g |
| **ENERGY (KILOJOULES) PER SERVE** | 576kj |
| **VISUAL SIZE GUIDE** | 15 chips |
| **HAVE YOU BEEN ESTIMATING THE CORRECT SERVING SIZE YES/NO** | No I thought it was less then 15 chips |

|  |  |
| --- | --- |
| **HEALTHY OR TREAT FOOD** | Treat food |
| **NAME OF FOOD** | Pascall eclairs |
| **SERVING PER PACK** | 9.6 |
| **INDIVIDUAL SERVING SIZE** | 25g |
| **ENERGY (KILOJOULES) PER SERVE** | 486kj |
| **VISUAL SIZE GUIDE** | 4 chocolates |
| **HAVE YOU BEEN ESTIMATING THE CORRECT SERVING SIZE YES/NO** | yes |

**PORTFOLIO ACTIVITY: CASE STUDY**

**1 DAY MEAL PLAN**

**BREAKFAST:**  Blueberry and muesli breakfast muffins

With a coffee with skim milk and an orange juice for the kids   
(make a big batch on your day off and put in freezer, defrost the night before, the muesli will help with the constipation as well as the blueberries)

**MORNING TEA:** Cut up carrot with hommus  
(pre-cut up the carrot and put into individual sandwich bag enough for you and the kids)

**LUNCH:**  Chicken and salad wrap  
(you can buy a cooked roast chicken from the supermarket, and a ready washed mixed garden salad, buy mountain bread as it lighter than pita bread just choose a wholemeal style, also if you want a dressing choose a low fat mayo option)

**SNACK:** Mixed berries with low fat yoghurt   
(this will give you a big boost of antioxidants that are found in the berries as well as a good source of calcium with the yoghurt)

**DINNER:**  Salmon bake with grated vegetables, wholemeal pasta and garden salad on the side   
(the white cheese sauce make it with skim milk, low fat cheese and wholemeal flour. Grate a variety of vegetables like zucchini, spinach, mushroom ect as the kids won’t be able to see them so won’t notice there eating it, and the salmon is a good source of omega 3. Also if you make a big batch you can freeze some for another night)

\*It’s a good idea you have a day of meal prep were you can make big batches of food and freeze for later in the week

\* Changing everything to low fat/skim products will cut a lot of fat out of your diet and choose wholegrain alternatives like bread, pasta, cereal, and rice. That should help with the constipation and a big variety of fruit and veg to keep you regular