

THE MESOLITHIC PICNIC

The rules

You must choose 6 types of food

You are allowed 12 items in total

Write down the number of portions of six of the foods you will take

Type	Food	Size	Portions
eggs	duck egg	1	
fish	salmon	¼	
fowl	duck breast	½ breast	
fruit	crab apples	2	
fungi	mushrooms	5	
leaves	nettles	30 g	
mammal	red deer	100 g	
nuts	hazelnuts	15	
roots	cattails	1	
seaweed	laver	10 sheets	
seeds	fat hen	80 g	
shellfish	crayfish	1	
TOTAL			

The task

Now copy the numbers into the full table

Work out how many calories are in your picnic

and how many nutrients you have

(A filled-in example is given at the end below)

Nutrients

Proteins for making the body's tissues like muscle and skin

Fats a way of storing energy and protecting the body's organs

Sugars the main source of energy we use every day

Fibre essential for a healthy digestive system

Vitamins involved in the chemical processes of the body

Minerals small amounts are essential for how the body functions

Type	Food	Size	Portions	KCals.	Total	Protein	Fat	Sugar	Fibre	Vitamins	Minerals
eggs	duck egg	1		130	0					x	
fish	salmon	¼		280	0	x					x
fowl	duck breast	½ breast		200	0	x					
fruit	crab apples	2		160	0			x		x	
fungi	mushrooms	5		30	0						
leaves	nettles	30 g		7	0					x	
mammal	red deer	100 g		180	0	x					
nuts	hazelnuts	15		150	0		x	x	x	x	x
roots	cattails	1		35	0			x			
seaweed	laver	10 sheets		70	0				x	x	
seeds	fat hen	80 g		4	0	x	x				
shellfish	crayfish	1		70	0						x
TOTAL			0		0						

The results

What nutrients are missing?

How many more calories do you need?

A man needs 2,500 calories a day

A woman needs 2,000 calories a day

A boy of 7 needs 1,700 calories a day

A girl of 7 needs 1,600 calories a day

If you want to, add as much other food as you like to get the full calories you need

Example

Type	Food	Size	Portions	KCals.	Total	Protein	Fat	CHO	Fibre	Vitamins	Minerals
eggs	duck egg	1	2	130	260					x	
fish	salmon	¼	2	280	560	x					x
fowl	duck breast	½ breast		200	0	x					
fruit	crab apples	2	2	160	320			x		x	
fungi	mushrooms	5		30	0						
leaves	nettles	30 g	3	7	21					x	
mammal	red deer	100 g	1	180	180	x					
nuts	hazelnuts	15		150	0		x	x	x	x	x
roots	cattails	1	2	35	70			x			
seaweed	laver	10 sheets		70	0				x	x	
seeds	fat hen	80 g		4	0	x	x				
shellfish	crayfish	1		70	0						x
TOTAL			12		1411	2		2		3	1