

THE MESOLITHIC PICNIC

The full score sheet (Example)

Type	Food	Size	Portions	KCals.	Total	Protein	Fat	Sugar	Fibre	Vitamins	Minerals
eggs	duck egg	1	2	1	2	★	★			★★★	
fish	salmon	½ fillet	2	3	6	★★★	★			★	★★★
fowl	duck breast	½ breast		2		★★★	★				★
fruit	crab apples	2	2	2	4	★	★	★★★	★	★★★	★
fungi	mushrooms	5		½		★	★	★	★	★	★
leaves	nettles	30 g	3	0	0	★	★	★	★	★★★	★
mammal	red deer	100 g	1	2	2	★★★	★		★	★	★
nuts	hazelnuts	15		1		★	★★★	★★★	★★★	★★★	★★★
roots	cattails	1	2	½	1	★	★	★★★	★		
seaweed	laver	10 sheets		1		★	★	★	★★★	★★★	
seeds	fat hen	80 g		0		★★★	★★★	★		★	
shellfish	crayfish	1		1		★	★	★			★★★
TOTAL			12		15	2		2		3	1

QUESTION 1

Which foods have you got that give the most nutrients?

Protein - salmon, red deer

Fat - none

Sugars - crab apples, cattail roots

Fibre - none

Vitamins - duck eggs, crab apples, nettle leaves

Minerals - salmon

QUESTION 2

How much energy have you eaten? 15

A man needs 25 units a day

10 units short

A woman needs 20 units a day

5 units short

A boy of 7 needs 17 units a day

2 units short

A girl of 7 needs 16 units a day

1 unit short

Add more food until you get enough energy!