

You are what **you** eat!

- You are to take on the role of a **nutritionist**.
- Your job is to first assess the **energy requirements** of two clients of your choice.
- Research and plan a lunchtime meal for each client that is suitable for them **based on their lifestyles**.
- You will probably want to **include a drink**, something savoury and perhaps something sweet.



A lunchtime meal should provide between 25% to 33% of the daily energy required.

The Fat, Salt, Sugar and Energy requirements fact cards will help.

For each client **write a report** on the meal you recommend including a **breakdown of the nutrients**.