#### DT 4 -

Cut out each picture, stick into your exercise book and follow the instructions.



#### Analyse - what does that word mean?

Here are a selection of meals that each family member orders whilst out for tea one evening.

Analyse the different food groups and use this information to decide whether each menu is balanced or not. Consider which you think is the most/least healthy. Be prepared to give reasons for your answers.

#### MENU 1

STARTER: Tomato soup with bread and butter

MAIN: Grilled chicken and green leaf salad with steamed potatoes

DESSERT: Cheese and biscuits.

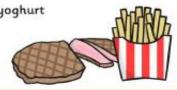


#### MENU 2

STARTER: Seafood

MAIN: Steak and chips

DESSERT: Fruit yoghurt



#### MENU 3

STARTER: Vegetable soup with bread and

butter

MAIN: Fried fish and chips

DESSENT: Chocolate cheesecake



## MENU 4

STARTER: Creamy garlic mushrooms

MAIN: Gammon, egg and chips

DESSERT: Jam doughnut



# MENU 5

STARTER: Melon

MAIN: Steamed fish with green beans and

new potatoes

DESSERT: No dessert



## MENU 6

STARTER: Creamy garlic mushrooms

MAIN: Beef burger, chips and onion rings

DESSERT: Treacle sponge and custard

