







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.

<p>MENU 1</p> <p>STARTER: Tomato soup with bread and butter</p> <p>MAIN: Grilled chicken and green leaf salad with steamed potatoes</p> <p>DESSERT: Cheese and biscuits.</p> 	<p>MENU 2</p> <p>STARTER: Seafood</p> <p>MAIN: Steak and chips</p> <p>DESSERT: Fruit yoghurt</p> 	<p>MENU 3</p> <p>STARTER: Vegetable soup with bread and butter</p> <p>MAIN: Fried fish and chips</p> <p>DESSERT: Chocolate cheesecake</p> 
<p>MENU 4</p> <p>STARTER: Creamy garlic mushrooms</p> <p>MAIN: Gammon, egg and chips</p> <p>DESSERT: Jam doughnut</p> 	<p>MENU 5</p> <p>STARTER: Melon</p> <p>MAIN: Steamed fish with green beans and new potatoes</p> <p>DESSERT: No dessert</p> 	<p>MENU 6</p> <p>STARTER: Creamy garlic mushrooms</p> <p>MAIN: Beef burger, chips and onion rings</p> <p>DESSERT: Treacle sponge and custard</p> 