

Researching food

The PowerPoint 'Eat like a polar explorer' has useful information and details about how to complete the task.



You are going to go shopping for the polar explorers and then design a menu for them.

1. Go to www.weightlossresources.co.uk/calories/calorie_counter.htm
2. Pick some foods.
3. Find out how large or heavy they are.
4. Record the calories.
5. Use your research to make a polar menu. Remember to consider the number of calories and the other important factors you discussed.

Morning meal	Serving size (g or ml)	Calories
Midday meal	Serving size (g or ml)	Calories
Evening meal	Serving size (g or ml)	Calories

Polar Menu



Arctic Café

Morning meal:

Midday meal:

Evening meal:
