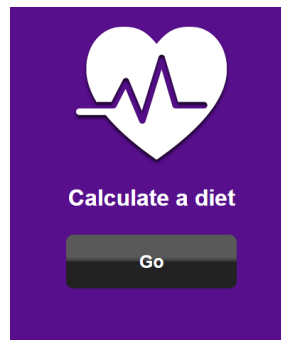


Visit <http://explorefood.foodafactoflife.org.uk> and select "calculate a diet".



Enter your name and press "start".

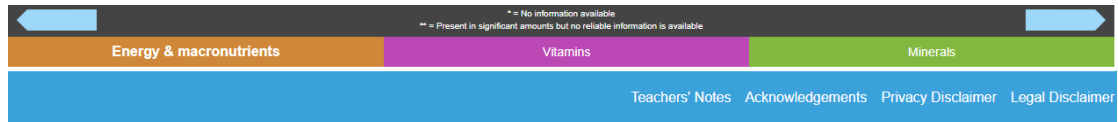
Enter the name of the diet



Our aim is to create a one-day healthy meal. Start entering the foods by which your healthy meal consists of and an alphabetic list of food items will appear. As soon as you edit the meal state in the adjacent column the amount of each item in grams.

explore FOOD	
Food or drinks	Weight
	g
Breakfast	
<input type="text" value="add food or drink"/>	Enter a food or drink here
Lunch	
<input type="text" value="add food or drink"/>	
Evening Meal	
<input type="text" value="add food or drink"/>	
Snacks & Drinks	
<input type="text" value="add food or drink"/>	
Totals	0

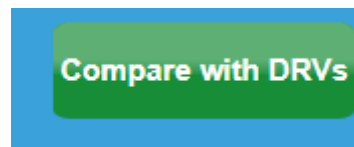
Once you have logged what is in your healthy meal, you can proceed with the analysis of your diet by clicking on the bar at the bottom of the screen.



If you click on the "view summary" box, you can see a summary of the analysis of your diet.



On the same page you can see a comparison with the recommended amounts for each nutrient.



Think and give responses to the following questions:

What do you notice ??What are the potential future health risks associated with your balanced diet? Is your meal environmentally friendly? How could you improve your meal so as to be more healthy but also environmentally friendly?