

**Nuts | Year 7/8**  
**Learning Experience 5**  
**Worksheet 1**

Use the Strengths and Weaknesses table to assess the benefits to current and future health if consuming the recipe on a regular basis. To do this, you will need to:

1. Consider which foods promote health
2. Consider ethical factors; e.g. does the recipe have ingredients that are fresh and locally available?
3. Examine the nutritional value in the recipes by answering following
  - Does the recipe contain nuts?
  - Does the recipe include a variety of ingredients, particularly those from the five food groups in the AGHE
  - Does the recipe contain ingredients that are low in unhealthy fats (i.e. saturated fats)?
  - Does the recipe contain ingredients that are low in salt?
  - Does the recipe contain ingredients that are low in sugar?
  - Does the recipe contain ingredients that are high in protein?
  - Does the recipe contain ingredients that are high in fibre?
  - Does the recipe contain ingredients that are high in vitamins?
  - Does the recipe contain ingredients that are high in minerals?
  - Does the recipe contain ingredients that are high in antioxidants?
4. Consider sustainability factors by answering the following:
  - Will there be food wastage?
  - Are you able to use imperfect fruits and vegetables?
  - What are the packaging requirements?
  - Will leftovers be able to be stored readily?
  - Are fresh ingredients available?
5. Consider the features of the recipe by answering the following:
  - Does the recipe appeal to a teenager's senses – look, smell, taste, mouth feel?
  - Does the cost of ingredients fit within the budget?
  - Are the ingredients readily available? Contain little processing? No preservatives/additives/colours?
  - Is the equipment required for production readily available?
  - Does the skill level required align with teen skill level?



- What time is required to produce the recipe?

**STRENGTHS AND WEAKNESSES TABLE: DESIGN IDEAS**



ALTERNATIVES:	STRENGTHS:	WEAKNESSES:	ACCEPT/ REJECT:	<b>JUSTIFICATION (Reasons why this alternative has been accepted or rejected):</b>
1. RECIPE NAME				
2. RECIPE NAME				
3. RECIPE NAME				
4. RECIPE NAME				

5. RECIPE NAME				
6. RECIPE NAME				
7. RECIPE NAME				
8. RECIPE NAME				

