

## Take Away V Fake Away Nutrition and Health

Many take away foods are very high in fat and carbohydrate making them very unhealthy because they contain loads of calories.

Research the calorie content of the following take away meals using the weblink below:

[https://www.nutracheck.co.uk/calories/calories\\_in\\_takeaways/calories\\_in\\_takeaways](https://www.nutracheck.co.uk/calories/calories_in_takeaways/calories_in_takeaways)

Take away meal	Calories per portion
Korma curry	
Sweet and sour chicken	
Pizza	

1 portion of doner kebab from a greek take away usually has around 1700 calories due to the very fatty meat.

Our chicken kebab is much healthier. Use the explore food nutrition analysis program to find out how many calories are in 1 portion of our chicken doner kebab.

(See next page for instructions for how to use Explore food)

1 portion of chicken done kebab contains \_\_\_\_\_ calories.

How does this compare to a take away doner kebab?

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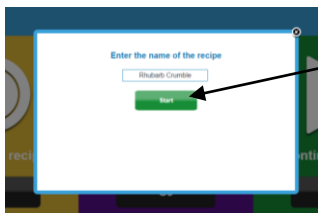
## Nutrition analysis using Explore Food from Food a fact of life....

Before starting you will need you will need your **recipes** with the **weight of ingredients** used and the number of **portions** it made.

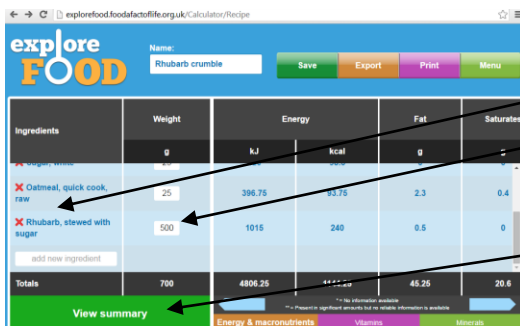


[www.explorefood.foodafactoflife.org.uk](http://www.explorefood.foodafactoflife.org.uk)

Calculate a recipe > Go

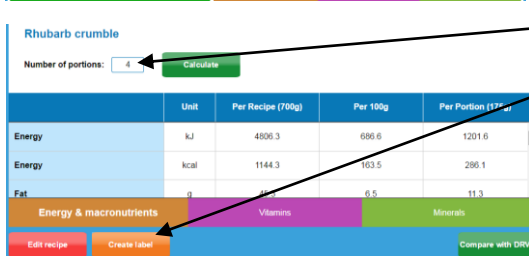


Enter name of recipe and click start



Enter food and its weight used in recipe

Click "View summary"



Add number of portions the recipe makes

Create label



Print screen, paste onto a word doc and print this info the right size to add to your evaluation page

of an adult's Reference Intake.  
Typical values per 100g: Energy 687kJ/163kcal

Nutrition Information Typical Values		
	Per 100g	Per portion (175g)
Energy (kJ)	687	1202
Energy (kcal)	163	286
Fat (g)	6.5	11
Saturates (g)	2.9	5.2
Carbohydrate (g)	25	44
Sugars (g)	12	21
Fibre (g)	1.6	2.7
Protein (g)	2.4	4.2
Salt (g)	0.11	0.19

Many front-of-pack labels use the traffic light system. It was devised to help consumers make a healthier choice. Use this worksheet to determine the traffic light colours for your recipe.

Table 1: Criteria for 100g of food

Colour code	LOW	MEDIUM	HIGH	
	Green	Amber	Red	
Fat	≤ 3.0g/100g	> 3.0g to ≤ 17.5g/100g	> 17.5g/100g	> 21g/portion
Saturates	≤ 1.5g/100g	> 1.5g to ≤ 5.0g/100g	> 5.0g/100g	> 6.0g/portion
(Total) Sugars	≤ 5.0g/100g	> 5.0g and ≤ 22.5g/100g	> 22.5g/100g	> 27g/portion
Salt	≤ 0.3g/100g	> 0.3g to ≤ 1.5g/100g	> 1.5g/100g	> 1.8g/portion

Note: portion size criteria apply to portions/serving sizes greater than 100g.

Write a comment about the nutritional value of your recipe, which nutrients it is good for, how healthy it is (see colour coding) and what might be done to improve the recipe.