

## I. Issues to pre-test

- 1. The concept of metabolism and measure its intensity (basic and total metabolism)
- 2. The sources of energy contained in food and its equivalents
- 3. The need of the human body for energy and nutrients

## II. At home

1. At the first workshop, prepare full menus with any 3 days prior to exercise (including one public holiday). Execution of menus is to write down all the foods and food and drink consumed throughout the day, divided into individual meals and write down the products consumed between meals. The quantities of products consumed should be defined in the measures of households, eg. A glass, a spoon, a large plate, medium apple. Please note: the amount of sugar added to drinks, the type of fat used to grease the bread, the fat content of the milk consumed, the type of drinking tea (black, green), the type of chocolate consumed and juices.

Example 1. :

### A. Breakfast:

- Porridge with milk and fruit and honey:
  - Oatmeal – 3 spoons
  - Milk 2% of fatt – 1 galss
  - Apple – 1 small/ 1 big
  - Banana – 1 middle
  - Honey – 1 teaspoon
  - Orange juice – 1 glass

### B. Morning snack

- Sandwich with ham, cheese, and tomato
  - wholemeal bread - 2 slice
  - ham pork (you can also note the trade name) – 2 slices
  - cheese (you have to note the name for example Gouda, Ementaler, Tylżycki etc.) - 1 slice
  - margarine (You have to note the trade name for example Delma, Rama, Masmix etc.)- 1 tsp
  - tomato – 1 big
  - coffee – black or with milk 2% fat (how much milk and coffee is in the cup)
  - sugar – 1 tsp

## C. Lunch

- Tomato soup with pasta and chicken cutlet, rice and salad
  - Tomato soup – 1 bowl (Note if the soup have addition of yougurt or sour cream)
  - Pasta – 3 spoons
  - Rice (brown/white/Basmati/Parboiled/Wild etc.) – 2 spoons
  - Chicken cutlet (grilled or fried – with oil or without oil, with or without coating)
  - Salad: broccoli – quarter of the average, pease – 1 spoon, cauliflower – quarter of the average, carrot – 1 small
  - Mineral water – 1 glass

## D. Afternoon snack:

- Apple pie – 1 big piece
- Ice cream – (the trade name and taste)

## E. Support:

- McChicken – 1
- Cola light – Big/middle/small
- McFlurry - 1

## F. Other meals:

- Note every other meal or product that you have eaten or drunk during the day. Remember about all rules given in the example 1.

## III At the class:

- Enter your menu to the FoodProcessor according to the instruction of the assistant.
- Check if your energy needs covers a total and basal metabolic rate

## III. At home

Prepare a short presentation about nutritional standards for your age and sex group in your country. You can also compare it with polish standards. For Exercise 2

## **Exercise 2.**

### **I. Issues for final test**

- 1. Principles of rational nutrition
- 2. Methods of assessment of nutrition
- 3. Methods of assessment of nutritional status
- 4. The rules of Medite