

Part 2: Meal Plan

(a) Construct a daily meal plan to address the dietary requirements of the group you investigated in Part A.

Use the Australian Guide to Healthy Eating to form the basis for your diet. DON'T FORGET BEVERAGES. Include the following:

Time of the day	Food items (include quantities)
Breakfast	
Morning tea	
Lunch	
Afternoon tea	
Dinner	

(b) *Justify* the choices you have made for your diet plan in relation to the specific nutritional needs your focus group (0.5- 1 page).

Discuss why you have chosen the foods that you have... what nutrients do they have and how will it help your group....