

First Name: _____

Last Name: _____

SS1020 – L10 – Assignment – Nutrition Plan

/5 marks

Students will:

- Go to <https://www.eatthismuch.com>
- Use the Nutritional Calculator to customize their caloric intake.
- Print off **2 different meal plans**.
- Print off **3 different recipes** from the meal plans.
- Staple them all together and place them in your duotang.

The screenshot shows the 'I want to eat' section of the calculator. The user has set '1935 Calories' and '3 meals'. A 'Generate' button is visible. Below this, the 'Current diet type' is set to 'anything'. The 'I want to' goal is 'Lose weight'. Preferred units are 'Imperial', and the user is 'Male'. Height is 5 ft 11 in, weight is 180 lbs, and age is 38 years. Bodyfat is set to 'Medium' and activity level is 'Lightly Active'. The 'Set a weight goal?' options are 'No thanks' and 'Yeah let's do it!'. A 'Calculate' button is at the bottom of the form. Below the form, a table shows suggested values:

Suggested Calories	Carbs	Fat	Protein
1935 kcal	18g - 242g	54g - 108g	116g - 242g

An arrow points from the 'Not sure?' button to the 'Calculate' button.

The screenshot shows the recipe page for a 'Turkey Sandwich'. The recipe is for 1 sandwich. The ingredients list includes:

- Whole-wheat bread: 2 slice (56 grams)
- Mustard: 3 tbsp (45 grams)
- Deli cut turkey: 6 oz (170 grams)
- Lettuce: 2 leaf, large (30 grams)

The recipe is scaled to 'Amount to eat (1 sandwich)'. A pie chart shows the percent calories from Protein (31%), Fat (21%), and Carbs (48%). The recipe totals are:

Calories	363
Carbs	41g
Fat	5g
Protein	32g
Fiber	6g
Net carbs	34g
Sodium	2796mg
Cholesterol	94mg

Directions: Step 1: Spread mustard onto one of the slices of bread. Top with turkey, lettuce, and, remaining slice of bread. Enjoy!