

# NUTRITION AND MENU PLANNING N4

## MODULE 4 – MODIFIED DIETS

*All these questions are in your Future Managers Textbook, but to ease your work, I have copied it to ONE page.*

### **Activity 1**

1. Explain the concept 'modification in texture'.
2. List the three types of modified-texture diets.

### **Activity 2**

Describe the following diets:

1. Low-fat diet
2. Low-sodium diet
3. Low-protein diet

### **Activity 3**

Explain the term 'reduced diet' and give examples of these diets.

### **Activity 4**

1. Give five tips of the following health trends in nutrition:
  - 1.1 Low cholesterol
  - 1.2 Low fat
  - 1.3 High and low fibre
2. Suggest ways of increasing the fibre intake of your diet. Write these ideas in a poster format for presentation in class or to use in your kitchen.