



Date:

Officer:

School:

Team Name:

Student Names:

	Max Score	Score Given	Consider	Comments
Balance of Good Health				
Potatoes, bread and cereals	1		If using cheese as a meat substitute - need to consider that it is high fat latter in scoring scheme - see section on fat removed etc	
Milk and Dairy	1			
Fruit and Vegetables	1			
Meat or an alternative (eggs, fish, nuts, pulses)	1			
All groups included in correct proportions	4		Refer to "the guide to a healthy balanced diet - plate)	
Five a Day				
Menu includes at least 3 portions of fruit and veg e.g.1 portion = 3tbsp cooked veg 1 cereal bowl full of salad 1 piece of large fruit $\frac{1}{2}$ can of canned fruit $\frac{1}{2}$ tbsp dried fruit includes pulses a glass of fruit juice added to recipe	Score 2 point per portion Max 6		A portion = 40g	

Fat	Max Score	Score Given	Consider	Comments
No oil used or oil is measured not poured No solid fats used or are measured (Maximum 30ml or 30g - equivalent to 2 tblsp)	2		2 = no oil / oil measured 1= solid fat measured 0 = oil/ fat not measured	
<u>Type of Fats Used</u> Consider saturated /non saturated (maximum allowed 30ml / 30 g)	3		3 = no saturated fat present or used 1 = <30g / 30ml saturated fat 0 = > 30g	
No presence of fat Or fat is removed from meat Skin removed from poultry or lean meat/meat alternative is used	5		5 = Fat/skin is removed or lean meat/alternative is used 2 = some fat skin is removed/low fat dairy alternative to meat used. 0 = no fat/ skin removed/ high fat dairy alternative used	
<u>Dairy Products used</u> FULL FAT Low fat version	3		3 = low fat version/ no dairy 1 = some low fat , but some full fat 0 = all full fat	
Salt				
No salt added in cooking	5		5 = no salt added 1 = pinch of salt added 0 = more than a pinch of salt added	
Sugar (1 tsp =approx 5g)				
No sugar added in cooking Less than 3 tsps More than 3 tsps but < 40g	3		3 = no sugar 2 = low sugar /(approx 15g or less) 1 = up to 40g 0= >40 g	
Pre -packed Food				

<p>Packet sauces, gravies, stock cubes, chocolate, biscuits, prepacked sponges, canned vegetables (eg added salt / sugar)</p> <p>NB if for example canned vegetable used with no added salt / sugar / additives containing sodium etc then full marks should be awarded)</p>	<p>5</p>		<p>5 = no pre-packed foods such as sauces or mixes used 3 = low in all categories sugar / salt / fat 0 = If high in any category</p>	
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Total _____