

THE MESOLITHIC PICNIC

The rules

You must choose 6 types of food

You are allowed 12 items in total

Write down the number of portions of six of the foods you will take

Your personal score sheet

Type	Food	Size	Portions
eggs	duck egg	1	
fish	salmon	½ fillet	
fowl	duck breast	½ breast	
fruit	crab apples	2	
fungi	mushrooms	5	
leaves	nettles	30 g	
mammal	red deer	100 g	
nuts	hazelnuts	15	
roots	cattails	1	
seaweed	laver	10 sheets	
seeds	fat hen	80 g	
shellfish	crayfish	1	
TOTAL			

Each food gives you nutrients for your body.

- Proteins - for making the body's tissues like muscle and skin
- Fats - a way of storing energy and protecting the body's organs
- Sugars - the main source of energy we use every day
- Fibre - essential for a healthy digestive system
- Vitamins - involved in the chemical processes of the body
- Minerals - small amounts are essential for how the body functions

Which food do you think gives you the most of each nutrient?

- Proteins -
- Fats -
- Sugars -
- Fibre -
- Vitamins -
- Minerals -

Fill in the full score sheet and see if you were right.

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The full score sheet

Type	Food	Size	Portions	Energy	Total	Protein	Fat	Sugar	Fibre	Vitamins	Minerals
eggs	duck egg	1		1		★	★			★★★	
fish	salmon	½ fillet		3		★★★	★			★	★★★
fowl	duck breast	½ breast		2		★★★	★				★
fruit	crab apples	2		2		★	★	★★★	★	★★★	★
fungi	mushrooms	5		½		★	★	★	★	★	★
leaves	nettles	30 g		0		★	★	★	★	★★★	★
mammal	red deer	100 g		2		★★★	★		★	★	★
nuts	hazelnuts	15		1		★	★★★	★★★	★★★	★★★	★★★
roots	cattails	1		½		★	★	★★★	★		
seaweed	laver	10 sheets		1		★	★	★	★★★	★★★	
seeds	fat hen	80 g		0		★★★	★★★	★		★	
shellfish	crayfish	1		1		★	★	★			★★★
TOTAL											

QUESTION 1

Which foods have you got that give the most nutrients?

Protein -
 Fat -
 Sugars -
 Fibre -
 Vitamins -
 Minerals -

QUESTION 2

How much energy have you eaten?

A man needs 25 units a day
 A woman needs 20 units a day
 A boy of 7 needs 17 units a day
 A girl of 7 needs 16 units a day

Add more food until you get enough energy!