SITHKOP402

Develop menus for special dietary requirements



ASSESSMENT 2 - Project B – STUDENT INFORMATION

For this task, you are to collect and evaluate 2 different menus from local restaurants. Each restaurant must offer different menu choices. Fast food or take-away menu's are not to be used.

For each menu, you are to:

- Consider the nutritional value of each dish
- Explain the compatibility of each menu offered against 3 of the dietary needs listed below
- Recommend changes to the menu to reflect 3 of the dietary requirements listed below
- Outline how (or if) the changes will affect
 - o ingredients
 - cooking processes
 - o cost

You are to present your evaluations to your assessor, ensuring you:

- provide a written outline to the points above
- verbally explain your changes to your assessor

Dietary requirements may include:

- diabetic
- exclusions for:
 - allergies
 - o contraindications with medicines
 - o food intolerance
- fluids
- food preferences
- food restrictions
- gluten-free
- high carbohydrate
- high or low-energy
- high or low-protein
- high-fibre
- lacto-ovo
- low-cholesterol
- low-fat
- low gluten
- modified sodium or potassium
- modified texture
- nutritional requirements
- portion size
- vegan
- vegetarian

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