1. Collect one life-span stage form post-it notes-**Prenatal, Infancy, Childhood, Youth, Adulthood, late adulthood**
2. Choose your presentation method out of either a Power Point presentation or a Prezi.

Design Brief:

*Geelong hospital is reviewing its menu and have approached you to be involved. They require a full day’s menu-breakfast, lunch, dinner and snacks-designed for your lifespan stage you have chosen above to cater for their patients in this category. You will need to ensure they are consuming the nutrients needed for their particular growth and development. Once you have designed your menu, they have requested that you prepare a final recipe for one of the meals, then produce and photograph the final product. They require the recipe and photograph for their kitchen.*

TASK:

1. List the specifications of the brief under headings of Constraints and Considerations.
2. Prepare 4 criteria for evaluation questions
3. Research the important nutrients required for optimal health and development at this stage
4. Brainstorm good food sources for all listed nutrients
5. Research any other needs that might be required by your lifespan stage and the imp[lications this may have on your menu. For example, some elderly people have false teeth or the children you are feeding may have food intolerances
6. Design your menu for under headings of breakfast, lunch, dinner and snacks (2-3 snacks)
7. Determine which meal you will prepare, prepare a food order, production plan
8. Produce your meal and photograph
9. Evaluate
10. Describe the physical and sensory properties of your meal using sensory language
11. Evaluate your menu and meal using your criteria questions
12. Justify how your menu meets the needs of your chosen lifespan stage. Include information on which nutrients each food source provides and why you chose them
13. Complete a SWOT analysis (Strength, weaknesses, opportunities and threats) on your whole menu and meal you produced and your planning and production performance. The opportunities could include some suggested modifications you could make and the threats might include patients you meal may not have suited e.g if you designed a crumbed chicken this might not suit vegetarians or a coeliac