



### **Nutritional content of soups**

Almost every food product you buy will have a label telling you the nutritional content of the food. Do you know what the terms on these labels mean? Do you know what you should be eating? All food ingredients and food products contain nutrients, and different nutrients do different things in the body.

- 1) Find out which foods are high in complex carbohydrates and give examples.
- 2) Why do we need to eat carbohydrates?
- 3) Find out which foods are high in fibre and give examples.
- 4) Why do we need to eat fibre?
- 5) Find out which foods are high in protein and give examples.
- 6) Why do we need to eat protein?
- 7) Find out which foods are high in fats and give examples.
- 8) Why do we need to eat fats?

The nutritional value of a food product can be changed by changing the ingredients and the way the ingredients are prepared. If you squeeze the juice out of a fruit or vegetable you get some of the goodness, but if you don't also eat the pulp (solid, fleshy bits), you're not getting the fibre and other nutrients. The vitamin content of food quickly changes if you liquidise food and leave it exposed to the air.

- 9) How do you think you could prepare soup to keep its nutritional content high?
- 10) Research to find out how you could store and package soup to preserve vitamins and keep its nutritional content high.
- 11) From a healthy eating perspective is it best to liquidise all, some or none of the ingredients?
- 12) What are the nutritional values of the ingredients you suggest using to make a vegetable and apple soup?

#### *Extension*

Can you work out the nutritional value of 100g of your soup?