

Grade 8

Health and  
physical  
Education

Lesson 14

Part 01



**Let us preserve the  
nutritional  
value of food**

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# Points to be considered when creating a menu

- Age of the family members
- Status of health
- Gender
- Level of physical activity  
(sportsman/hard workers)
- Special needs  
(pregnancy/breast feeding /illness)



# Points to be considered...

- Preferences
- Amount of food needed



# Points to remember when presenting food

- Appearance
- Appealing nature of the food
- The manner in which the food is presented
- The hygienic nature of the food
- Sufficient quantity of food
- Table manners
- Personal hygiene



# Measures that can be taken to improve nutritional status.

- Fulfill nutritional requirement of the family according to the financial background
- Using different methods of food preparation.
- Minimize food wastage through preservation methods
- Maintaining a home garden.
- Preparing food to fulfill the nutritional needs of the vegans.





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