

The Brief

Plan and make a two course lunch for two people in their early twenties.

One of them has iron deficiency anaemia and has been advised by their doctor to try and eat an iron rich diet.



Explain how you will ensure that the meal is nutritionally balanced, and how you have catered for the person with anaemia.

To help me plan

Iron is found in these food sources

Meal Ideas

Is this a nutritionally balanced meal?

How have you catered for the person with Anaemia?
