

Points to Remember When Planning Menus

- *A balanced diet is important.*
- *You will be using more energy, therefore, more food required.*
- *Taking too much food, or the wrong type of food, will add unnecessary weight.*
- *Only take food you all enjoy.*
- *Keep meals uncomplicated and simple to prepare. (One-pot meals are ideal)*
- *Check cooking times of food; keep them as short as possible.*
- *Practice cooking before your journey.*
- *Foods and liquids can be measured by pre-set scratch marks on beakers and water bottles.*
- *Strip off unnecessary packaging.*
- *When walking, match eating intervals to requirements.*

