

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation (NUTD233)

Fruit Salad

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Introduction

Fruit salad is one of the foods that people prefer to eat, and many of them are keen to eat it on a regular basis. Here we must point out that this dish is not only one of the dishes that would give the one who eats it a delicious taste and a beautiful shape on the table due to the different types of fruits used in its preparation, it is also a food that will give you a large number of benefits because it contains different types of fruits, and each type or type has a different benefit from the other.

In general, fruit salad works to improve digestion, because it contains dietary fibre, as it works to treat cases of chronic constipation, and works to reduce harmful cholesterol in particular, in addition to being one of the factors that help get rid of Excess weight, as one of the low-calorie sweets. It works to provide the necessary protection for cells against free radicals and their damage, and on the other hand, it provides protection and safety for the eyes, and gives the skin freshness and lustre. In addition to containing yoghurt, which is characterized by containing many nutrients that the body needs, it is a rich source of proteins, vitamins, and lactic acid, in addition to mineral salts, the most important of which are: calcium, phosphorous.

Ingredients

* Yogurt
* Vanilla
* Sugar
* Appel
* Banana
* Raisins
* Mandarin (Clementine)

Procedure

1. We mixed the yogurt with the vanilla and sugar
2. We washed and prepared the fruit
3. Mix the fruits in a separate bowl
4. We added the mixture to the fruit

Product evaluation

Benefits of apples Improving nervous and nervous health Protects against dementia Reduced high cholesterol levels Rich in antioxidants, It also contains carbohydrates, fibers, vitamins and minerals such as vitamin C and calcium, as well as some salts such as potassium.

Clementine It helps to enhance cognitive function It is considered one of the good fruits for pregnant women It enhances the health of the digestive system: where Clementine contains a large amount of dietary fibre.

It contains carbohydrates, vitamin A and vitamin C and promotes heart health.

Bananas contain fibre, vitamin C, and salts such as magnesium, phosphorous, and potassium, Therefore, it strengthens immunity, maintains a healthy psychological state, and prevents constipation and digestive problems.

Yoghurt contains protein, fat, calcium, sodium, and vitamin A, It reduces the risk of osteoporosis, strengthens the immune system and enters the health of the digestive system.

Vanilla protects the brain from damage because it contains antioxidants.

Use sugar to give sweet taste as it does not give any nutritional value other than energy and calories (3).

Taste evaluation:

Ola: It was good in general. I didn't like it very much, but I liked the taste of yogurt in it.

Rose: Fruit salad with yogurt is one of the most delicious, easy, fast, and delicious, and is healthier than canned foods that contain preservatives or materials, etc. In addition to its deliciousness, it contains minerals and fibre, so it keeps me away from soft drinks and chips.

Somoud: I did not like the yogurt mixture with the fruits. Because it contains bananas, and I can't eat bananas, it makes me nauseous.

Ranin: very tasty and easy to apply in daily life.

Majdal: It was good, it contains many delicious fruits that have a lot of benefits and can be considered as a snack between main meals.

Lamis: I didn't like it so much

Discussion and Conclusion

Fruit salad with yogurt is considered a light dessert and has a very delicious taste. It is made in a very simple and easy way. It is considered a healthy dessert due to the variety of vitamins and minerals inside the fruits and has a high nutritional value due to the protein and calcium inside the yogurt.

Fruit salad improves digestion, because it contains dietary fibre, reduces harmful cholesterol and helps reduce weight, as it contains few calories.

References

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