



## NUTRITIONISTS' FILE

### Nutritionists' team:

- 1- Identify on a nutritional level, the necessary conditions to maintain, long-term, good function of the circulatory system. (Cardiac muscle, blood vessels' elasticity, blood's fluidity). List of foods and functions of these. Choice of healthy menu.
- 2- Determine the steps to follow to maintain, improve or get the circulatory system back into shape. Propose an action plan that is both interesting and stimulating, in order to bring desired changes on the nutritional habits of the targeted groups.

**Working document**

Choice and identification of categories of diets (consumption):

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Choice and identification of categories of physical condition:

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Is there a relationship between an individual's physical condition and his type of diet? Justify your response.

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Characteristics retained for each category of menu (caloric value, maintenance, etc.):

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Strategy: Choice of adapted menus: justification and pertinence of choice for each category. Advantages, disadvantages and possible improvements.

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Strategy: Choice of adapted approaches: justification and pertinence of choice for each category. Advantages, disadvantages and possible improvements.

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Summary table:

Targeted groups (diet) in terms of their characteristics and its effect on physical condition. (SHOW AS A TABLE)