



## Year 7 Food Preparation and Nutrition Block 1: Knowledge Organizer

### The Eatwell Guide

The Eatwell Guide is the UK healthy eating model. It shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.



The Eatwell Guide is based on the Government's *Eight tips for healthy eating*, which are:

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish – including a portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – no more than 6g a day for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty
8. Don't skip breakfast.

### Fruits and vegetables

Eating at least five portions of fruit and vegetables every day is recommended for health. All fruits and vegetables count towards 5 A DAY except for potatoes. Fruits and vegetables can be fresh, canned, dried, frozen or juiced. Fruits and vegetables are low in fat and high in fibre, so help to provide us with a range of important nutrients without exceeding our energy requirements. We need fibre in our diet to help us maintain a healthy gut. They also contain vitamins and minerals – the main ones being vitamin C, vitamin A and folate. Some fruit and vegetables are higher in some vitamins and minerals than others, e.g. bananas are high in potassium, whereas dried apricots are high in iron. This is why it is important to eat a range of fruit and vegetables rather than having the same ones all the time.



#### Top tips:

- Choose fruit or chopped vegetables as a snack.
- Add dried or fresh fruit to breakfast cereals. (To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal, not as a between meal snack.)
- Have a salad with sandwiches or with pizza.
- Add vegetables to casseroles and stews and fruit to desserts.
- Try to eat different fruits and vegetables every day.

#### Key Processes:

Demonstrate the safe use of the hob by making hot chocolate  
Demonstrate the safe use of the grill by making toast or pizza toast  
Demonstrate the safe use of the oven By making cheese / cheese and courgette muffins



### Basic Nutrition

| Nutrient                       | Function                               |
|--------------------------------|--|
| Protein                        | Growth & repair                        |
| Carbohydrate<br>Starch & sugar | Energy                                 |
| Fat                            | Energy                                 |
| Vitamins<br>A, B, C, D         | General protection                     |
| Minerals<br>Iron<br>Calcium    | Healthy blood<br>Healthy bones & teeth |

### The Cooker



#### The safe use of the hob

Do not heat the ring without a pan containing food on it  
Keep pan handles facing in  
Allow to cool before cleaning

#### The safe use of the grill

Take care with detachable handles  
Do not leave food unattended

#### The safe use of the oven

Have an oven buddy  
Use hole free, dry oven gloves  
Stand back when you open the door  
Put your food in, and take out without lifting your hands in the oven