

## Year 9 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.

### Information on a label

- The name of the food
- An ingredients list
- Information on certain foods causing allergies
- The net quantity of the food
- A date of minimum durability
- Any special storage conditions
- The name and address of the food manufacturer
- The country of origin
- Instructions for use
- The alcoholic strength by volume
- A nutrition declaration

### A date of minimum durability (how long the product will keep):

- Use-by dates** – On foods that can go off quickly, e.g. sandwiches.
- Sell-by date/display-until dates** – A few days before the use-by date, to allow time to eat the food.
- Best-before dates** – These are on foods that keep for longer, such as biscuits or canned foods. The food should be eaten before this date when the food is at its best, but to eat it after that date will not usually be harmful.

### Basic Nutrition

Nutrient	Function
Protein	Growth & repair
Carbohydrate (Starch & sugar)	Energy
Fat	Energy
Vitamins A, B, C, D	General protection
Minerals	
Iron	Healthy Blood
Calcium	Healthy Bones and teeth

<b>Conduction</b>	When heat travels through solid materials such as metals and food.
<b>Convection</b>	When heat travels through air or water.
<b>Radiation</b>	When heat rays directly warm and cook food. Heat travels from one place to another.

### Nutritional Needs

#### Babies

- Ideally they should have breast milk for the first six months.
- Babies should taste and try lots of different suitable foods.
- They need lots of energy for growth and movement.
- Don't add salt or sugar to babies' food.
- Foods rich in iron and vitamin C are especially needed from 6 months, as the baby's natural stores of iron are low.

#### Children

- Gradually introduce the Eatwell Guide between 2 and 5 years.
- All need to eat regular, smaller meals, snacks and drinks.
- High energy needs due to growth and activity.

- Eat less salt and sugar.
- Protein
- Calcium and vitamin D
- Iron and vitamin C
- B group vitamins

#### Teenagers

- Follow the Eatwell Guide.
- Increased appetites.
- Growth spurts and very active, so high energy needs.
- If teenagers are inactive, they should eat smaller portions to avoid weight gain.

#### Protein

- Calcium and vitamin D
- Iron and vitamin C

#### Adults

- Follow the Eatwell Guide.
- Adults have lower energy needs.
- They need to avoid foods high in sugar and fat to prevent weight gain.
- Many adults are overweight or obese, so they should make lower-calorie choices.
- Calcium and vitamin D
- Iron and vitamin C