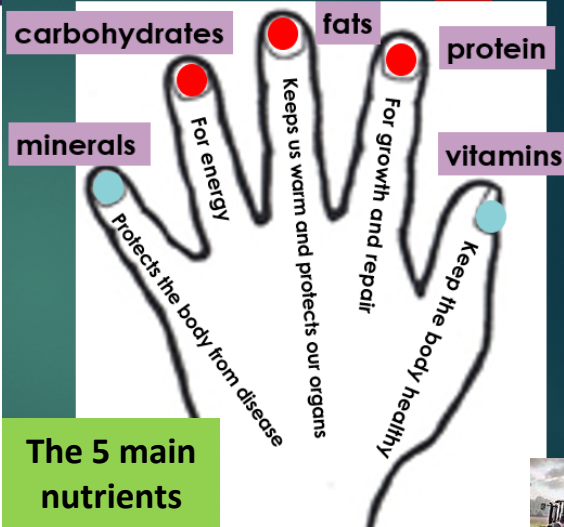


Definition of diet

The snacks, meals and drinks that you eat make up your **diet**. Your diet should include a **variety of foods** to make sure you get all the nutrients you need to stay healthy. No single food can supply all the nutrients you need.

The body needs food for: growth and repair of cells energy and warmth protection from illnesses and to keep the body working properly.

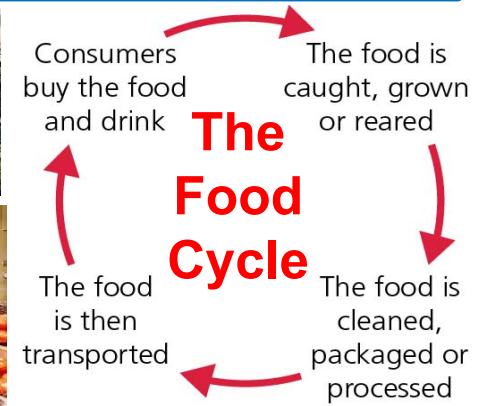


The 5 main nutrients

The materials found in food are called **nutrients** and each nutrient has a **function**:
Protein is needed for growth and repair of cells.
Fat is needed for warmth and energy.
Carbohydrate is needed for energy.
Vitamins and **minerals** are needed for protection from illness and to keep the body working properly.

What does food provenance mean?

Food provenance means knowing: where our food is **grown, caught or reared** how our food is **produced** how our food is **transported**.



Eatwell Guide

Check the label on packaged foods. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Each serving (200g) contains:

Energy (kcal)	200	300	1.3g	34g	0.8g
Carbohydrate (g)	Low	Low	Low	High	High
Fat (g)	13%	4%	7%	26%	15%

Typical values are used per 100g (kcal) 107kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Water, lower fat milk, sugar-free drinks including tea and coffee all count. Limit fruit juice and/or smoothies to a total of 150ml a day.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Key words:

- Carbohydrates
- Fruit and Vegetables
- Protein
- Dairy
- Oils and spreads
- Macronutrients
- Micronutrients
- Vitamins
- Minerals
- Nutrition
- Diet

- H** – Tie your **hair** back or wear a **hat**. Wash your **hands**.
- A** – Put an **apron** on.
- T** – Clean your **table** with antibacterial spray.
- T** – Collect a **tray** to keep all your ingredients together.
- I** – Collect all the ingredients you need.
- E** – Collect **equipment** you need; prepare any tins/baking sheets (e.g. grease or line).