

## Food waste

Everyday we throw away.....



20m

Slices of bread



5.2m

Glasses of milk



4.4m

Potatoes



2.2m

Slices of ham



1.2m

Tomatoes



0.9m

Bananas

### Some statistics:

- Almost 50% of the total amount of food thrown away in the UK comes from our homes.
- We throw away 7 million tonnes of food and drink from our homes every year in the UK, and more than half of this is food and drink we could have eaten.
- Wasting this food costs the average household £470 a year, rising to £700 for a family with children, the equivalent of around £60 a month.
- If we all stopped wasting food that could have been eaten, the benefit to the planet would be the equivalent of taking one in four cars off the road.

## Recycling leftover food

- Leftover cake can be used to make a trifle.
- Leftover meat can be made into a shepherd's pie.
- Leftover chicken can be used to make a curry.
- Leftover potato can be mashed and used in fish cakes, or used in a frittata.
- Leftover rice and pasta can be used to make a salad.
- Fallen apples can be used to make pies, crumbles, preserves.
- Stale bread can be used to make breadcrumbs or a bread and butter pudding.



### Why is food labelling important?

Food labelling is important to help us:

- decide which food to buy
- store and cook food correctly
- be aware of the nutritional content of the food.

### What is the definition of a healthy balanced diet?

Diet = food that you eat every day.

A **diet** that contains the **correct** proportions of carbohydrate, fat, protein, vitamins, minerals and water for good health, to grow properly, be active and maintain a healthy body.

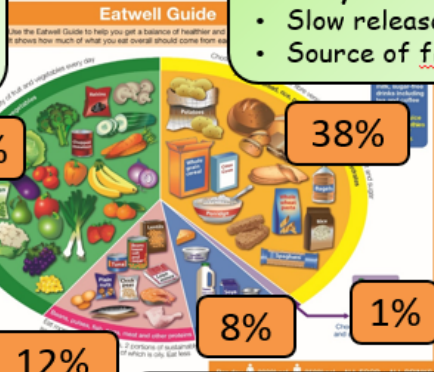


### What information is on a food label?

The information on the label in the packaging on the next page is **mandatory** – this means it is required by law.

**Fruit and Vegetables**

- Low in fat.
- Contains vitamin and minerals.
- Source of fibre and water



**Potatoes, bread, rice, pasta, wholemeal and starchy carbohydrates**

- Slow release of energy.
- Source of fibre

**Beans, pulses, eggs poultry, meat and other sources of protein.**

- Source of protein need for growth and repair of cells.
- Source of vitamins and minerals.

**Oils and spreads**

- Help move vitamins around the body.

**Dairy and alternatives**

- Source of calcium for teeth and bones
- Source of vitamins and minerals.

**MACRONUTRIENTS**



Macro= big

They include....

- Proteins like fish, eggs, meat, beans and pulses.
- Fats & Oils- like olive oil, sunflower oils.
- Starchy carbohydrates- bread, pasta, rice and potatoes

**MICRONUTRIENTS**



Micro = small

They include....

**Vitamins:**

- Vit A= Good for sight
- Vit Bs= Help release energy from food
- Vit C= immune system
- Vit D = helps absorption of calcium

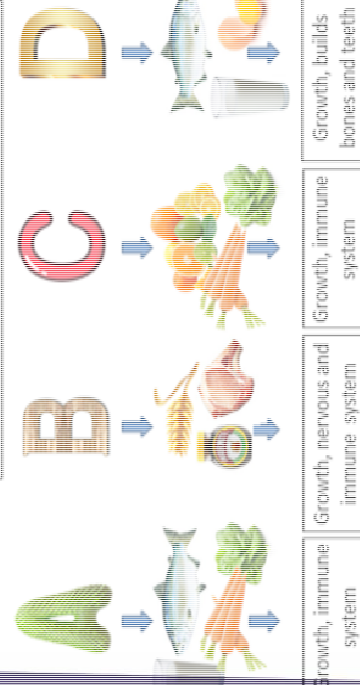
**Minerals:**

- Iron= producing blood (haemoglobin)
- Calcium= strong bones and teeth

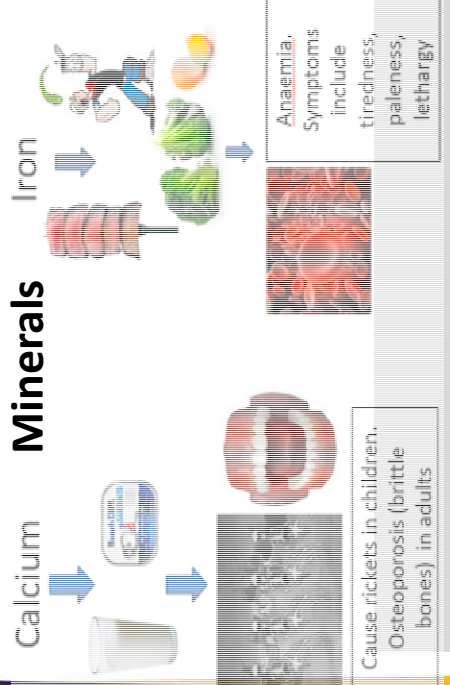
**Carbohydrates**



**Vitamins**



**Minerals**



**Protein**



Builds and repairs cells, especially needed by children and sports people

**Fats**



Give energy and builds cells, but watch out for calories