

Key words:

Pasteurised milk-milk is heated to 72°c for 15 seconds.
Sterilised milk-milk is heated to 110-130°c for 10-30 mins.
Ultra-heat treated (UHT) milk-milk is heated to 135°c for 1 second.
Micro-filtered milk- milk is filtered and then heated to 72°c for 15 seconds.
Secondary processing- changing primary food products into other types of products such as milk into cheese.
Lactose-the name of the sugar in milk.
Rennet- this contains an enzyme that breaks down the milk into curds and whey.
Coagulate- when protein sets.
Curds and whey- the solid and liquid produced from milk during cheese-making.
Sustainable-
Seasonal foods-foods that are only available at certain times of the year.
Glut-an excess or oversupply such as apples in the autumn.
Mandatory-required by law.
Use-by-date-a date on perishable foods telling you the date which the food should be eaten by.
Best before date-a date on foods that keep for a longer time, such as biscuits or canned foods.
Reference intake-a guide to the maximum amount of fat, saturates, sugar and salt an adult is recommended to eat each day.
Target group-the group you are planning meals for.
Gluten- is formed when water is added to flour and mixed.
Chorleywood bread process- 80% of bread is commercially made using this method of high-speed mixing.
Durum wheat flour- the flour used to make pasta, which is high in protein.
Alternative proteins- sources of protein other than meat that are suitable for vegetarians-nuts/beans/tofu.

Alternative proteins.

Soya- is developed from the soya bean. TVP (textured vegetable protein) is added to recipes to replace meats.
Tofu is a bean curd made from soya milk, it can be grilled and stir-fried.
Beans-are seeds from edible plants. They are low in fat and high in fibre. They are used in stews and casseroles, soups and chill con carne. They can be bough fresh, frozen, dried or canned.
Nuts-are dry edible kernels within a shell. They contain protein and fat, but the fat is saturated so it is good for us.
Seeds-are a good source of vitamins and minerals. They can be sprinkled onto cereals and yoghurt, add crunch to salads and stir-fries as well as make granola bars.

Cheese and yoghurt.

Making milk into cheese and yoghurt is called secondary processing. Bacteria are needed to make both cheese and yoghurt. These bacteria are called the starter culture, and are added to warm heat-treated milk.
 During cheese and yoghurt making, the starter culture causes the lactose to turn into lactic acid. This gives more flavour and makes them last longer.
 QR code: inside the factory-how cheese is made.



Fish.

- Types of fish include:
- White fish which are named because the fish in this group have white flesh such as cod/plaice/haddock.
 - Oily fish which are those that have oil dispersed throughout the flesh such as mackerel/salmon/tuna.
 - Shellfish which are protected by a hard shell such as prawns and crabs.
 - Fish goes off very quickly, so it should be cooked, chilled or frozen as soon as possible.
 - Fish is sold ready to cook either whole or in fillets, steaks or cutlets.
 - <https://www.youtube.com/watch?v=zDz7ep6nlc4> how to prepare fish.
 - <https://youtu.be/Kac1cqkjX1U> sustainable fish



Seasonal foods.



How to reduce your food waste at home

<https://www.lovefoodhatewaste.com/>



How pasta is made-inside the factory.

Marine Stewardship Council

Newborn Nutrition

Some babies can get a sore stomach from eating and drinking certain foods and drinks. If a baby has an allergy to milk, the doctor can give the baby special milk to make sure they get their nutrition without being ill.

The NHS states that:
In the UK, more than 73% of mothers start breastfeeding. These are some of the reasons why:

- your breast milk is perfectly designed for your baby;
- breast milk protects your baby from infections and diseases;
- breastfeeding provides health benefits for you;
- breast milk is available for your baby whenever your baby needs it;
- breastfeeding can build a strong emotional bond between you and your baby.



The NHS states that:
Not all milk is suitable for feeding babies. You should never give the following types of milk to a baby under one year:

- condensed milk;
- evaporated milk;
- dried milk;
- goats' or sheep's milk (but it's fine to use them when cooking for your baby, as long as they are pasteurised);
- other types of drinks known as "milks", such as soya, rice, oat or almond drinks
- cows' milk as a drink (but it's fine to use it in cooking).

Some babies may be fed milk through a bottle. Formula milk or breast milk can be fed from a bottle. The NHS states that: Formula milk provides babies with the nutrients they need to grow and develop. However, it doesn't have the same health benefits as breast milk for you and your baby, for example, it can't protect your baby from infections.



twinkl visit twinkl.com

Teenager Nutrition

As teenagers, boys and girls will see their bodies develop differently. Because our bodies are different, they have different needs. Boys sometimes need more protein as they usually grow to be bigger than females. Girls can need more iron at this age to make sure they have all the correct nutrients as their bodies change.

The NHS recommends that:
Teenagers shouldn't fill up on too many sugary or fatty foods, such as crisps, sweets, cakes, biscuits, and sugary fizzy drinks. These foods tend to be high in calories but contain few nutrients.



The Eatwell Guide shows the variety of foods that should be eaten by young people. It displays the foods in different categories.

These are:

- Fruit and vegetables
- Potatoes, rice, bread and pasta
- Beans, pulses, fish, eggs and meat
- Dairy and alternatives
- Oils and spreads



Calcium is very important for children aged 11-18. This is because bones grow very quickly at this age. If boys and girls at this age do not have enough calcium in their diet, they can have problems with their bones when they get older. Calcium can be provided from milk, yoghurts, cheese and bread, as well as leafy green vegetables.

twinkl visit twinkl.com



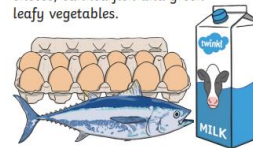
Everyone has their own nutritional needs, which will vary depending on their: gender/age/level of activity/health conditions/body size/environment.

To make it easier when planning meals, people are classified into target groups: babies/children/teenagers/adults/pregnant and lactating women/older adults.

Adult Nutrition

Adults should have a healthy diet, with lots of carbohydrates, fruit, vegetables and fish. This healthy diet, as well as avoiding too much sugar and salt, can help to keep their hearts healthy.

Women may need more calcium and iron than men, so they may choose to eat liver, beans, nuts, eggs, milk, cheese, canned fish and green leafy vegetables.



The Eatwell Guide shows the variety of foods that should be eaten by adults. It displays the foods in different categories.



These are:

- Fruit and vegetables
- Potatoes, rice, bread and pasta
- Beans, pulses, fish, eggs and meat
- Dairy and alternatives
- Oils and spreads

Adults are fully grown but still need energy and nutrients to maintain a healthy body. The NHS states that:
Within a healthy, balanced diet, a man needs around 10,500kJ (2,500kcal) a day to maintain his weight. For a woman, that figure is around 8,400kJ (2,000kcal) a day.



Elderly Nutrition

Elderly people generally have less muscle and more fat. Elderly people can also be less active than younger adults. For this reason, their energy needs are different.

The NHS recommends to:
Aim for at least two portions of fish a week, including one portion of oily fish. You can choose from fresh, frozen or canned, but remember that canned and smoked fish can often be high in salt.



The Eatwell Guide shows the variety of foods that should be eaten by adults. It displays the foods in different categories.

These are:

- Fruit and vegetables
- Potatoes, rice, bread and pasta
- Beans, pulses, fish, eggs and meat
- Dairy and alternatives
- Oils and spreads



Older adults are at a higher risk of hurting their bones. One way to help keep their bones healthy is to make sure they are getting enough Vitamin D. This comes from fish and some breakfast cereals. The NHS states that: Vitamin D is important for both strong muscles and healthy bones. Our bodies make vitamin D from the action of the summer sunlight (from late March/April to the end of September) on our skin. People who are not often exposed to the sun should take a daily vitamin D supplement.

Pregnancy Nutrition

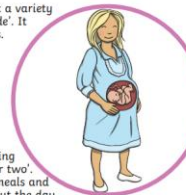
It is important to lead a healthy lifestyle whatever stage of life you are in. However, it is even more important during pregnancy as eating a diet full of vitamins and minerals will help the baby to grow and develop and help the mother stay fit and strong.

During pregnancy, it is important to eat a variety of foods as outlined in 'The Eatwell Guide'. It displays the foods in different categories.

These are:

- Fruit and vegetables
- Potatoes, rice, bread and pasta
- Beans, pulses, fish, eggs and meat
- Dairy and alternatives
- Oils and spreads

Although women may feel hungrier during pregnancy, it is important not to 'eat for two'. Instead, they should eat three healthy meals and snack on fruits and vegetables throughout the day.



The NHS states that:

"There are certain foods that women should avoid eating whilst pregnant as they can make them unwell or harm the baby. These are:

- Soft, mould-ripened cheese such as brie, camembert and goat's cheese
 - Pâté and other raw or uncooked meat
 - Liver
 - Raw fish PLUS shark, swordfish or marlin
- When applicable, food should be washed and well-cooked before eating.

The NHS recommends that:

If a woman is pregnant, or planning on having a baby, she should take a folic acid supplement up until she is 12 weeks pregnant. Folic acid can help to prevent babies from developing health problems or birth defects. The recommended dose is 400 micrograms a day.



Breast milk contains all the nutrients and protection needed for babies, but formula milk is also available. After 6 months, foods such as fruits and vegetables, infant cereals, eggs, fish and meat are introduced to the diet.

Important nutrients can be found in these foods:

Protein: beans, pulses, fish, eggs and lean meat.

Calcium: yoghurt, cheese, milk, tofu.

Iron: dark green vegetables, beans, fish, red meat. **B group vitamins:**

bread, fish, broccoli, milk, peas, rice. **Folic acid:**

spinach, chickpeas, broccoli. **Vitamin C:**

oranges, red and green peppers. **Vitamin D:** butter,

eggs, oily fish, milk. **Fibre:** fruits and vegetables,

cereals, wholegrain bread and pasta. **Sodium:**