

YEAR 7 FOOD NUTRITION AND PREPARATION



Fridge and Freezer

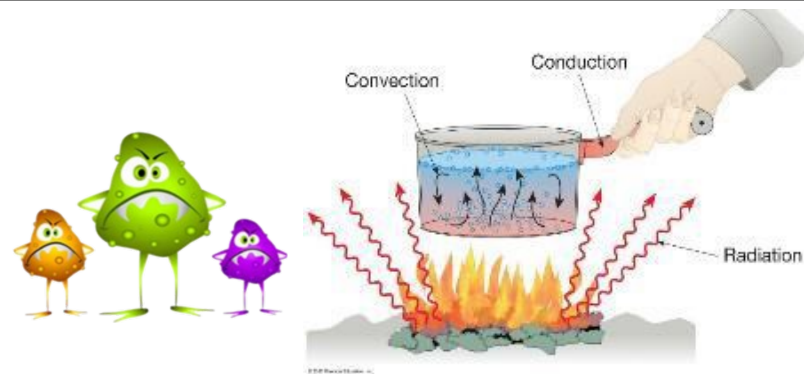
Temperatures

Fridge Temperature

0°C – below 5°C

Freezer Temperature

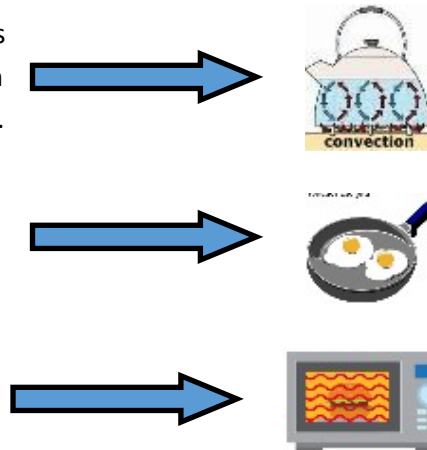
-18°C



Convection -when heat travels through air or water. E.g. in an oven or a pan of boiling water.

Conduction -when heat travels by direct contact through solid materials

Radiation -when heat rays travel towards food, e.g. grilling, toasting, microwav-



Cooking



METHODS		EQUIPMENT	
Knead	Fold	Bread Knife	Colander
Sauté	Simmer	Vegetable knife	Table spoon
Deep fry	Bake	Grater	Teaspoon
Braise	Chop	Bain Marie	Dessert spoon
Boil	Grate	Whisk	Spatula
Roll	Combine	Pastry brush	Fish slice
Enrobe	Baste	Rolling pin	Saucepan
	Roast	Pasta machine	Frying pan

The Cooker



There are **5** main groups of nutrients. These 5 groups can be divided into 2 groups
Macronutrients which are needed by the body in large amounts.
Micronutrients which are needed by the body in small amounts.

What are Nutrients?

Nutrients are the building blocks that make up food and have **specific** and **important** roles to play in the **body**. Some nutrients provide **energy** while others are essential for **growth** and **maintenance of the body**.

Macro Nutrient	Role in the body	Food Example
Carbohydrate	The main source of energy for the body.	Bread, rice, pasta, potatoes
Protein	Provides the body with growth and repair.	Meat, poultry, beans, eggs, lentils, tofu, fish
Fat	Provides the body with insulation and a small amount protects vital organs. Provides essential fatty acids for the body.	Butter, oil, cheese, cream, nuts, oily fish, crisps

Factors affecting food choice

Biological	Hunger appetite and taste
Economic	Cost of food, income, availability
Physical	Access to shops, food skills, education, time
Social	Family, culture, meal patterns
Attitudes	Knowledge about food and beliefs
Seasonality	The food is locally grown at certain times, cheaper
Religion	Certain religions restrict certain foods
Ethical	Your beliefs prevent you from eating some foods
Medical	Some illnesses dictate your diet like diabetes
Age	Activity levels and mobility affect requirements

Main Major Health Issues Linked to Poor Diet

Anaemia Too few **red blood cells** caused by a lack of **iron** in the diet.

Diabetes (Type 2) Caused by too much **processed sugar**, obesity and lack of exercise.

Heart Disease (CHD) Arteries get blocked by fatty deposits. Linked to **saturated fats** and **obesity**.

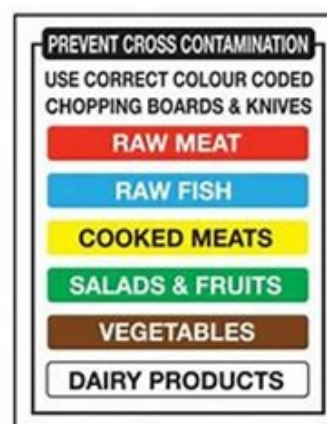
Obesity Having too much **body fat** because of an **incorrect energy balance**.

Osteoporosis Bone disease. Brittle **bones** due to a lack of **calcium**. Affects elderly people.

Tooth Decay Plaque builds up on the teeth. Made worse by eating too much **sugar**.

Don't cross-contaminate!

Keep **raw meat**, poultry, fish, and their juices away from other food. Wash cutting board, utensils, and countertops with hot, soapy water after use.



Understand the 4 C's Concept

- C** – Good Hygiene practice prevents **Cross Contamination**
- C** – Effective **Cleaning** removes harmful bacteria and stops them spreading
- C** – Effective **Chilling** prevents harmful bacteria multiplying
- C** – Thorough **Cooking** kills bacteria

8 tips for healthy eating

- 1) Base your meals on starchy foods
- 2) Eat lots of fruit and veg
- 3) Eat more fish
- 4) Cut down on saturated fat and sugar
- 5) Eat less salt
- 6) Get active and be a healthy weight
- 7) Drink plenty of water
- 8) Don't skip breakfast

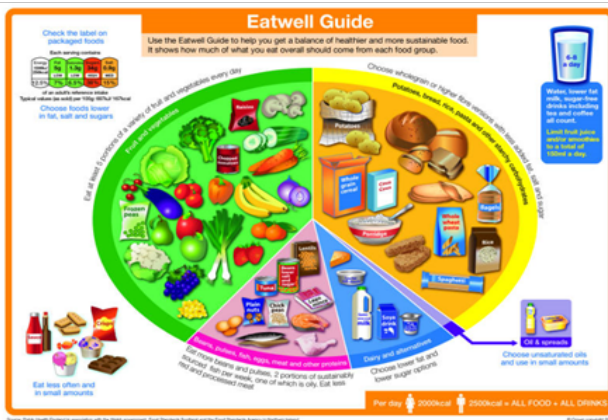
The relationship between diet and health

The importance of a healthy diet

We need to eat food in the correct balance for:

- Providing the energy we need to survive, to keep us healthy and to help fight disease.
- Growth and repair of body issue.
- All bodily functions, which depend on the energy and trace elements found in the food we eat.
- Stopping us feeling hungry.
- Health and well-being, as we find eating a pleasurable and enjoyable experience.

To have a **balanced diet**, you need to eat a mixture of foods from each of the main food groups and consume the correct amount of energy to carry out daily activities.



The Eatwell Guide

- The **Eatwell Guide** is a pictorial food guide showing the **proportions** and types of foods that are needed to make up a healthy, balanced diet.
- The Eatwell Guide can be followed by most people with the exception of children under two years.
- Children between the ages of two and five should start to follow the Eatwell Guide.
- If you have special dietary needs you should always check with a dietician or doctor how to adapt the Eatwell Guide to meet your specific needs.
- The Eatwell Guide is based on the five food groups.
- It shows the proportions of the different groups of foods you should eat,

How to use the major commodity groups to make a balanced food choice.



Fruit and vegetables

- Most people need eat more fruit and vegetables.
- Fruit and vegetables should be just over a third of the food eaten in a day.
- You should eat at least five portions of fruit and vegetables a day.
- Fruit and vegetables are a good source of vitamins, minerals and fibre.
- If you eat a lot of fruit and vegetables you are less likely to develop disease such as coronary heart disease and some types of cancer.

What is included

- Choose from fresh, frozen, tinned, dried or juice.
- All fruit and vegetables, including: apples, pears, oranges, bananas, grapes, strawberries, mango, pineapples, raisins, broccoli, courgettes, cabbage, peas, sweetcorn, lettuce, tomatoes, carrots, peas, beans, lentils.



Potatoes, bread, rice, pasta or other starch carbohydrates

- Eat wholegrain cereal products or higher fibre products such as whole wheat pasta and brown rice.
- Starchy food should make up just over a third of the food we eat.
- Starchy foods are a good source of energy and provide use with other nutrients for example vitamins and minerals.

What is included

- Bread, including: soda bread, rye bread, pitta, flour tortilla, baguettes, chapatti, bagels; rice, potatoes, breakfast cereals, oats, pasta, noodles, maize, cornmeal, polenta, millet, spelt, couscous, bulgur wheat, wheat, pearl barley, yams and plantains.

The Eatwell Guide also gives additional information on:

- Foods high in fat, salt and sugar.
- Hydration.
- Food labelling.



Dairy and dairy alternatives

- Milk, cheese, yoghurt and fromage frais are good sources of proteins, some vitamins, and calcium.
- You should eat some dairy or dairy alternatives every day.
- There are many low-fat and low-sugar products which can replace those with a higher fat and sugar content for example, 1% fat milk, reduced-fat cheese or plain low-fat or fat free yoghurt.

What is included

- Milk, cheese, yoghurt, fromage frais, quark, cream cheese.
- This also includes non-dairy alternatives to these foods.



Beans, pulses, fish, eggs, meat and other proteins.

- These foods are a good sources of proteins and other nutrients.
- Beans, peas and lentils are low in fat and are good alternatives to meat.
- It is recommended that we eat fish at least twice a week and one of these is oily fish, such as mackerel.
- Try to reduce red and processed meat to 70 grams per day.
- Some meat is high in fat (saturated).
- Choose lower-fat meat products, leaner cuts of meat and trim off any visible fat and skin.
- Use cooking methods that do not use any fat, and drain away fat. Grill, poach, steam, bake or microwaves.

What is included

- Meat, poultry and game, including: lamb, beef, pork, chicken, bacon, sausages, burgers; white fish including: haddock, plaice, pollock, coley, cod; oily fish including: mackerel, sardines, trout, salmon, whitebait; shellfish including: prawns, mussels, crab, squid, oyster; eggs, nuts, beans and other pulses, including: lentils, chickpeas, baked beans, kidney beans, butter beans.



Oils and spreads.

- Some fat is needed in the diet but most people need of reduce their intake of saturated fats.
- We should not use a lot of these products because they are often high in fat.
- Chose low fat spreads when possible.
- These foods are often high in calories so reducing the amount eaten can also help to control weight.

What is included

- Unsaturated oil, e.g. vegetable oil, rapeseed oil, olive oil, sunflower oil; soft spread made from unsaturated fats.