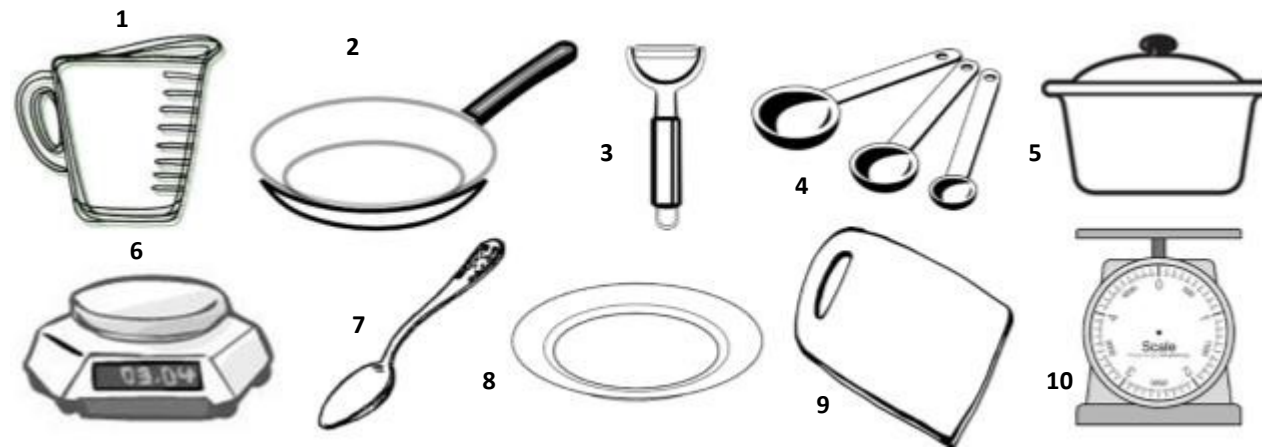


# YEAR 5 FOOD NUTRITION AND PREPARATION



- 1. Measuring jug
- 2. Frying pan
- 3. Peeler
- 4. Measuring spoons
- 5. Casserole dish
- 6. Digital scales
- 7. Spoon
- 8. Plate
- 9. Chopping board
- 10. Kitchen scale

**What conditions do bacteria need to survive and multiply?**

- Time.
- Warmth.
- Moisture.
- High-Risk Foods

**Enzymic Browning**

Foods such as **apples, pears and potatoes** will turn brown when peeled, because oxygen reacts with the enzymes in the food. They are still safe to eat but you can prevent this by using an acid like lemon juice or covering in water.

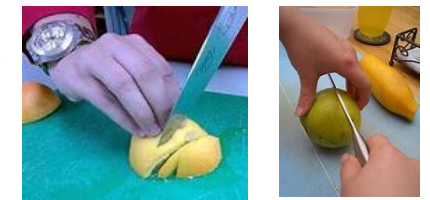


**Enzymic Browning**

When you slice some fruits or vegetables, e.g. apples, bananas, potatoes, the oxygen in the air turns them brown.

**Rubbing In Technique**

Combining fat and flour together using your fingertips. E.g. crumbles, scones.

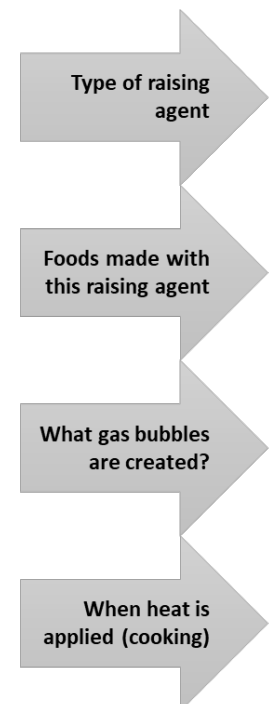


**Bridge**

Safe methods for using a knife to prepare food. The name describes the hand grip.

**Vegetable Knife**

A small sharp knife used for preparing fruits and vegetables.



**Biological Yeast**



Bread, bread rolls, crumpets, teacakes, doughnuts

**Carbon Dioxide - CO<sup>2</sup>**

Bubbles of CO<sup>2</sup> are created as a result of yeast being activated and fermentation starting. \*

The CO<sup>2</sup> bubbles caught in the mixture expand (get bigger) making it rise as it cooks.

**Independent skills I need to learn in year 5**

- Use the **bridge and claw** to cut food safely and accurately.
- Use a range of other **preparation techniques**, e.g. peeling, chopping, slicing, grating etc.
- Weigh and measure** ingredients accurately.
- Organise** all my ingredients and follow a recipe.





### 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.