

FOOD YR 7 THE EATWELL GUIDE

Eatwell Guide

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.

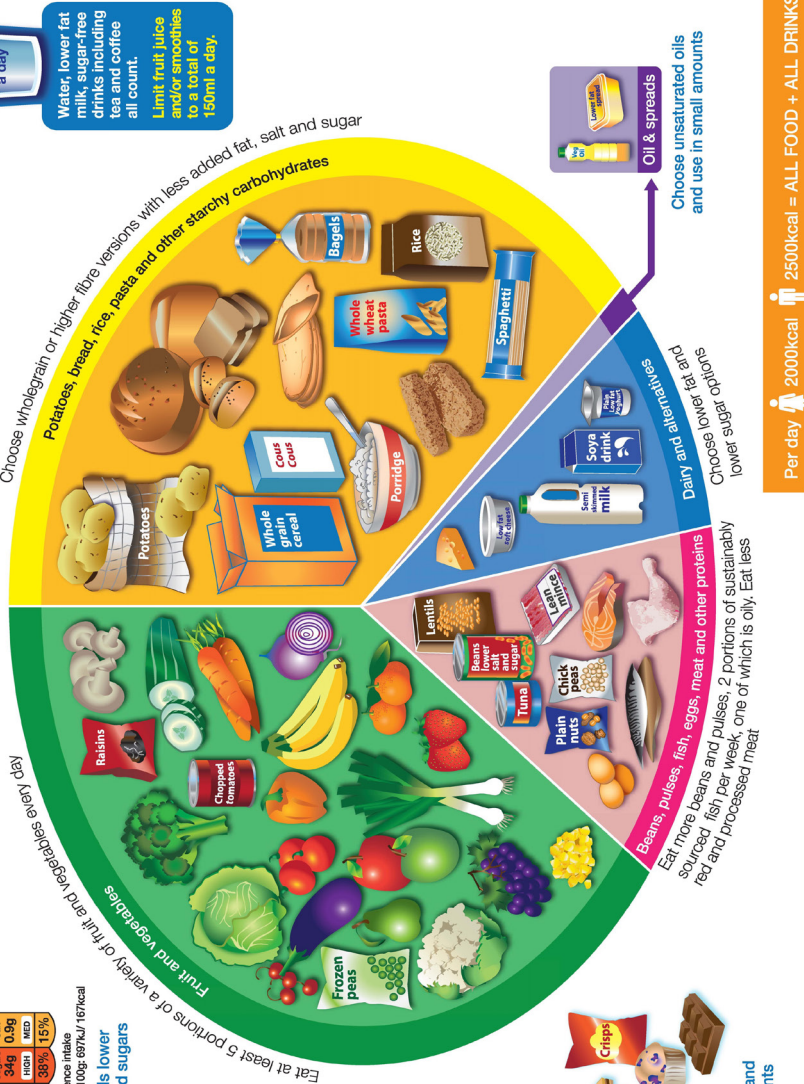
Check the label on packaged foods

Energy or fat	Saturated fat	Sugars	Salt
Low	Low	Low	Low
4%	7%	38%	15%

Each serving (150g) contains:
 Fat 3.0g, Saturated fat 1.3g, Sugars 34g, Salt 0.6g

Choose foods lower in fat, salt and sugars

Typical values (as sold) per 100g: 697kJ / 167kcal of an adult's reference intake



Per day 2000kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown copyright 2016

FRUIT AND VEGETABLES

We need 5-7 portions a day. A portion is a hand full.

Fruit and vegetables provide the nutrients vitamins, minerals and fibre. Vitamins and minerals do all sorts of jobs in the body. Fibre is needed to aid digestion. Water rehydrates us. We need 6-8 glasses a day

COOKING AND FOOD PREPARATION

KNIFE SKILLS- BRIDGE- Finger and thumb each side of the fruit with the knife in the middle



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CLAW- clutching the fruit with one hand



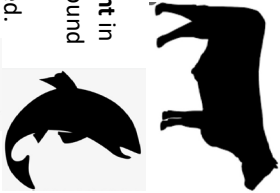
- Rules of the Food Room**
- Aprons
 - Wash Hands
 - Tie hair Back
 - No running
 - Listen

ENZYMIC BROWNING

When fruit is cut open the enzymes react with the oxygen in the air and the fruit goes brown. Adding an acid like lemon juice can stop the enzymes reacting with the oxygen.

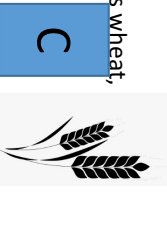
Reared- MEAT – FARM TO FORK

Meat comes from animals that are reared on farms: Chickens, cows, pigs, ducks, sheep. Meat is slaughtered and processed. We can buy meat in many different cuts.



Caught- FISH- This is caught in many different oceans around the world. It is then processed. It is also farmed.

Grown- Crops such as wheat, barley, potato's, carrots,(fruit, vegetables, cereals,)



BEANS, PULSES, EGGS, FISH AND MEAT

These foods provide the nutrient protein. Protein is needed for growth and repair of all the cells in the body.

HBV: High Biological value: Good source of protein – Animal sources
LBV: Low Biological value Low source of protein – Vegetable sources

DAIRY AND ALTERNATIVES

These foods provide the mineral - calcium. Calcium is needed for strong teeth and bones. A lack of calcium can cause OSTEOPOROSIS. Dairy products can also be high in the nutrient fat.

EQUIPMENT

- Knives: chefs, vegetable
- Chopping boards: red & green
- Saucepan/ frying pan- handle not over the heat
- Wooden Spoon
- Rolling Pin
- Baking tray/ Oven gloves
- Food processor
- WASHING UP** hot water and washing up liquid to kill the bacteria
- Dish Cloth
- Tea Towel



THE OVEN
Hob
Grill
Oven

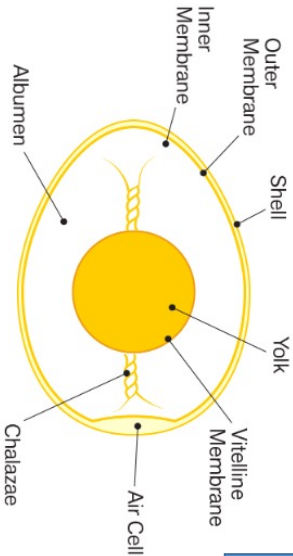
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COOK - 75oC for 2mins – temperature probe.
CHILL - fridge 0-5oC.
CROSS-CONTAMINATION Red and green boards.
CLEAN – remove bacteria

EGGS

Most of our eggs come from chickens, but can use goose eggs which are good for baking, ducks eggs and quails eggs.



EGGS

- BOILED** Soft boil = 5/6 mins
Hard boil =10 mins
- FRIED - COAGULATION** – the protein in the egg white sets solid, followed by the egg yolk
- SCRAMBLED** Gently whisked over heat until the egg coagulates
- POACHED** Crack egg into boiling water





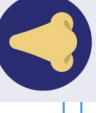

BREAD, POTATOES, RICE AND PASTA- Sugar V Starch- These foods provide the nutrient carbohydrate is made up of starch, sugar and fibre. Starch provides slow release energy.

they provide energy for the body however starch is better for us than sugar. Starch is a slow releasing form of energy which can keep the body going for long periods of time. Sugar is a quick release energy where there is a short burst of energy. This issue with sugar is that to keep your body energised you keep needing to have sugar, this means your blood sugar levels rise and fall which can cause mood swings Sugar does not carry any nutrients whereas starch contains iron good for blood , calcium, good for bones and vitamins B and C which is good for growth and repair.

The amount of carbohydrates we need in a balanced diet is around 40%.

The food which contains starch are rice, bread and pasta, however for this to even better for us it is better to have brown rice, brown pasta and bread as this contains fibre, the last of the third sections of carbohydrates. Finally, we want to avoid eating too much sugar such as chocolate, cakes and sweets due to this rotting teeth and sugar which is not burned off will turn to fat putting extra pressure on the body.

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<p>FOOD YR 7 THE EATWELL GUIDE</p>	<p>NUTRITION</p>	<p>FOOD IN INDUSTRY</p>	<p>FOOD SCIENCE</p>	<p>FOOD SAFETY</p>	<p>FOOD PROVENANCE</p>	<p>FOOD CHOICE</p>	<p>COOKING AND FOOD PREPARATION</p>																										
<p>H</p> <p>FOODS HIGH IN ANIMAL FAT AND SUGAR These are not on the Eatwell Guide. Animal fat – saturated fat is bad for us. The nutrient sugar is bad for us – a quick energy release and can rot our teeth.</p> <p>OILS AND SPREADS These contain the nutrient fat. This fat is a good fat. It comes from vegetables and is called unsaturated fat.</p>  <p>Cheesecake Base- Biscuits - Carbohydrates Topping- Dairy- Fats</p> <p>MILK AND CHEESE Most of our milk comes from cows. There are 3 main types of milk – Whole, skimmed and semi-skimmed. Milk can be processed to make cheese and yoghurt.</p>		<p>J</p> <p>Water and Hydration- 7 key points</p> <ol style="list-style-type: none"> 1. Water protects your tissue- helps protect the spinal cord 2. Water helps your body remove waste perspiration, urination and defecation 3. Water aids digestion by helping to break down the food 4. Prevents you from becoming dehydrated which can make you very ill. 5. Water helps your brain to function effectively 6. Water keeps your cardiovascular (heart & blood) system healthy 7. Drinking water can help you avoid taking on extra calories you don't need. <ul style="list-style-type: none"> • salt or sodium helps to conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals. • Too much salt can lead to high blood pressure and heart disease 		<p>MUFFINS These use vegetable fat – unsaturated, good fat. These can be developed to make them healthier in lots of different ways.</p> <p>Muffins can be sweet – sugary (dessert) or savoury – (main course)</p> <p>SPECIFICATION A list of points that your product must have to meet the requirements of the task.</p> <p>TASTE – Flavour TEXTURE – Mouth feel</p>   <p>APPEARANCE Looks AROMA Smell</p>  		<p>I</p> <p>Good Fridge organisation This chart represents the shelves and draws in a fridge</p> <table border="1"> <tr> <td>Dairy</td> </tr> <tr> <td>Cooked meats/ leftovers</td> </tr> <tr> <td>Uncooked meats</td> </tr> <tr> <td>Salad, fruit and veg</td> </tr> </table>		Dairy	Cooked meats/ leftovers	Uncooked meats	Salad, fruit and veg	<p>Check how much fat, sugar and salt is in your food</p>  <p>Food shopping card</p> <table border="1"> <thead> <tr> <th></th> <th>Sugars</th> <th>Fat</th> <th>Saturates</th> <th>Salt</th> </tr> </thead> <tbody> <tr> <td>What is High per 100g</td> <td>15g</td> <td>20g</td> <td>5g</td> <td>1.5g</td> </tr> <tr> <td>What is Medium per 100g</td> <td>5g</td> <td>3g</td> <td>1.5g</td> <td>0.3g</td> </tr> <tr> <td>What is Low per 100g</td> <td>15g</td> <td>20g</td> <td>5g</td> <td>1.5g</td> </tr> </tbody> </table> <p>Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.</p>			Sugars	Fat	Saturates	Salt	What is High per 100g	15g	20g	5g	1.5g	What is Medium per 100g	5g	3g	1.5g	0.3g	What is Low per 100g	15g	20g	5g	1.5g
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<p>TRAFFIC LIGHT LABELLING More products now have the traffic colour-coded nutritional information. This tells you at a glance if the food has high, medium or low amounts of fat, sugars and salt:</p> <p>Red = High Amber = Medium Green = Low</p> <p>The more green on the label, the healthier the choice.</p> <p>Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time. Red on the label means the food is high in fat, saturated fat, salt or sugars and these are the foods we should cut down on.</p>		<p>L</p>																															

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NUTRITION

FOOD PROVENANCE

FOOD IN INDUSTRY

FOOD SCIENCE

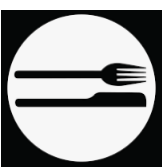
FOOD SAFETY

FOOD CHOICE

COOKING AND FOOD PREPARATION

BREAD

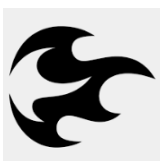
Bread is made using the biological raising agent yeast. **YEAST is a micro-organism.** Yeast needs 5 things to grow and breathe.



Food



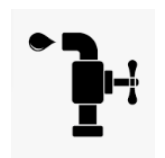
Oxygen



Time



Warmth



Oxygen

KNEADING – trapping oxygen into the dough
PROVING – Leaving the yeast to breath – giving it time

PIZZA

Pizza is traditionally made with a bread base. Pizza comes from Italy – Food provenance. The traditional cheese topping is tomatoes and mozzarella cheese (Italian).



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HEALTHY EATING

Healthy eating is trying to follow the Eatwell guide over a period of time. Food products can be developed to be healthier and better meet the Eatwell Guide.

- **Add fruit and vegetables**
- **Use vegetable fats instead of animal fats**
- **Reduce sugar**
- **Use low fat milk and dairy products**
- **Limit meat and other animal products**

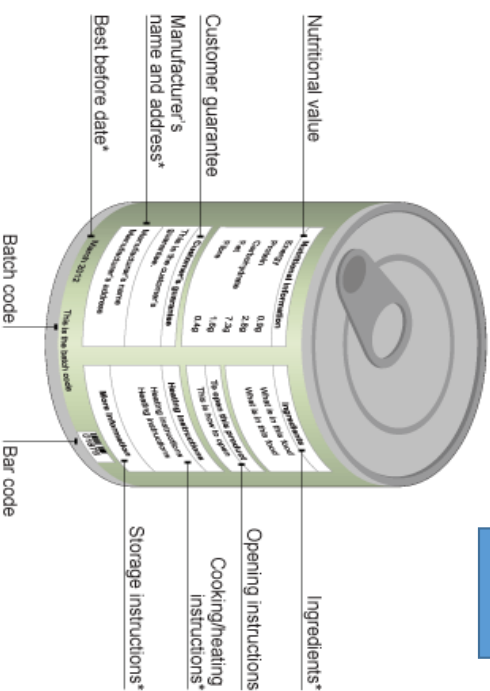


PACKAGING

Food is packaged to:

Protect it, make it easier to transport, provide the customer with information **Types of packaging:**
Glass see through, breaks easily.
Plastic Shaped easily, bad for the environment.
Cardboard Easy to print on, soggy when wet.

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Information that must go on packaging by law includes:

- the name of the food
- any necessary warnings
- a list of ingredients
- instructions for use or cooking
- the name and address of the Manufacturer
- any special storage conditions

Salads and seasonality.

salads are an affective way to eat healthy food that gives our bodies what it needs to function properly.

Seasonal food is fresh food that is ready to eat during its natural growing season. It is usually cheaper due to the abundance of food.



Autumn fruits

Lettuces are the edible leafy part of the plant, so they are a vegetable.



Summer fruits

Fruits are the seed-bearing that grow from a flowering plant, whereas vegetables are all the other edible plant parts.

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