

# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

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

Choose foods lower in fat, salt and sugars

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.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives  
Choose lower fat and lower sugar options



Oil & spreads  
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

A

## 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



B

**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,)



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**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

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**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.

**4Cs**

**COOK** - 75oC for 2mins – temperature probe.

**CHILL** - fridge 0-5oC.

**CROSS-CONTAMINATION**

Red and green boards.

Raw meat and vegetable

**CLEAN** – remove bacteria



**THE OVEN**

- Hob
- Grill
- Oven

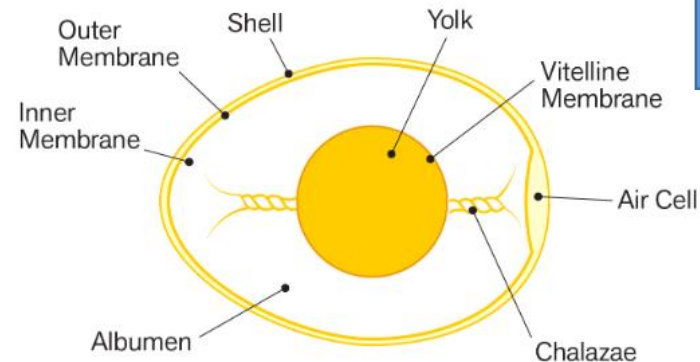
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**EQUIPMENT**

- 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

**EGGS**

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



G

**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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**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.

**OILS AND SPREADS**

These contain the nutrient fat. This fat is a good fat. It comes from vegetables and is called unsaturated fat.



**Cheesecake**

Base- Biscuits - Carbohydrates  
Topping- Dairy- Fats

H

**Water and Hydration- 7 key points**

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.
- 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

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**MUFFINS**

These use vegetable fat – unsaturated, good fat. These can be developed to make them healthier in lots of different ways.

**Muffins can be sweet – sugary (dessert) or savoury – (main course)**

K

**SPECIFICATION**

A list of points that your product **must have** to meet the requirements of the task

**TASTE** – Flavour **TEXTURE** – Mouth feel



**APPEARANCE** Looks **AROMA** Smell



**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, saturated fat, sugars and salt:**

**Red = High**

**Amber =**

**Medium**

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**Green = Low**

The more green on the label, the healthier the choice.

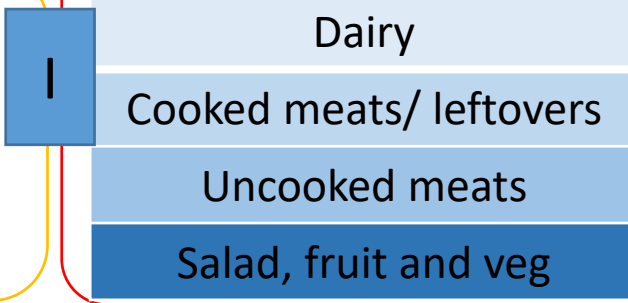
Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time. Red on the label means the food is high in fat, saturated fat, salt or sugars and these are the foods we should cut down on.

**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.

Good Fridge organisation

This chart represents the shelves and draws in a fridge



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**VEGETARIAN** Someone who doesn't eat meat.

**VEGAN** Someone who doesn't eat anything from an animal.

**THE SOYA BEAN – HBV PROTEIN**

**OBESITY** – Being largely overweight from consuming too much fat in the diet. BMI of over 30

**OSTEOPOROSIS** – Not enough calcium in the diet – weak bones, bending of the spine.



Check how much fat, sugar and salt is in your food

**Food shopping card**

	Sugars	Fat	Saturates	Salt
What is <b>High</b> per 100g	Over 15g	Over 20g	Over 5g	Over 1.5g
What is <b>Medium</b> per 100g	Between 5g and 15g	Between 3g and 20g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is <b>Low</b> per 100g	5g	3g	1.5g	0.3g

Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.

L

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

M

**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**

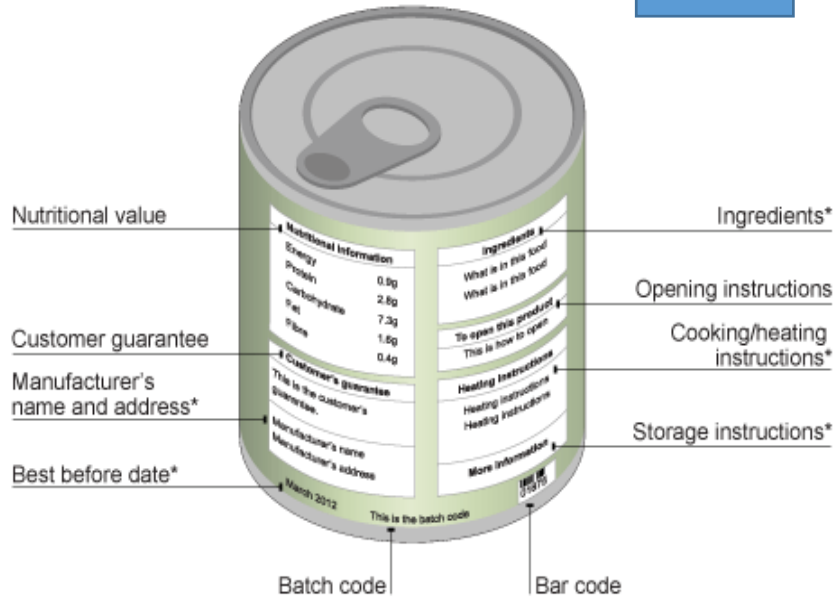


**PACKAGING**

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
- \*a 'best before' or 'use by' date
- \*net quantity information
- \*the country of origin

**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.



**Autum 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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