

The Eatwell Guide

The Eatwell Guide

- Comprises 5 main food groups.
- Is suitable for most people over 2 years of age.
- Shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.
- Shows proportions representative of food eaten over a day or more.

Oil and spreads

- Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, e.g. olive oil.

8 tips for healthier eating:

- These eight practical tips cover the basics of healthy eating, and can help you make healthier choices.
- Base your meals on starchy carbohydrates.
 - Eat lots of fruit and veg.
 - Eat more fish – including a portion of oily fish.
 - Cut down on saturated fat and sugar.
 - Eat less salt (max. 6g a day for adults).
 - Get active and be a healthy weight.
 - Don't get thirsty.
 - Don't skip breakfast.

Foods high fat, salt and sugar

- Includes products such as chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice cream.
- Are high in fat, sugar and energy and are not needed in the diet.

Fruit and vegetables

- A portion is around 80g (3 heaped tbs).

Hydration

- Aim to drink 6-8 glasses of fluid every day.

Fibre

- Dietary fibre is a type of carbohydrate found in plant foods.
- Food examples include wholegrain cereals and cereal products; oats; beans; lentils; fruit; vegetables; nuts; and, seeds.
- Dietary fibre helps to: reduce the risk of heart disease, diabetes and some cancers; help weight control; bulk up stools; prevent constipation; improve gut health.
- The recommended average intake for dietary fibre is 30g per day for adults.

Questions to embed knowledge:

- What does the Eatwell guide represent?
- How can you use the Eatwell guide to ensure you maintain a healthy diet.
- What is yeast, what is used for and how does it work?
- List different raising agents and the differences between them.

Portion size

Having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts.



Malnutrition

Having intakes of energy and/or nutrients below or in excess of needs for long periods of time can affect health.

The risk of **malnutrition** is increased by:

- increased requirements for some nutrients;
- restricted range of foods;
- reduction in available income;
- very low income;
- medical conditions;
- psychological conditions.

Diet and health

There is a link between a poor diet, and the risk of developing some diseases.

This includes the risk of:

- cancer;
- coronary heart disease (CHD);
- bone health;
- anaemia.

Anaemia

Iron is vital for making red blood cells. Iron from the diet forms haemoglobin, which carries oxygen in the blood. Anaemia develops if the body's stores of iron are too low.

Moderate activity



Vigorous activity



Muscle strengthening activities



Legally required information

- Name of food or drink.
- List of ingredients (including water and food additives), in descending order of weight.
- Weight or volume.
- Date mark (Best-before and use-by).
- Storage and preparation conditions.
- Name and address of the manufacturer, packer or seller.
- Country of origin and place of provenance.
- Nutrition information.

Additional information may also be provided, such as cooking instructions, serving suggestions or price.

Activity recommendations

Pre-schoolers (3 to 4 years): 180 minutes (3 hours) spread throughout the day, including at least 60 minutes of moderate-to-vigorous intensity physical activity

Children and young people (5-18 years): at least 60 minutes of physical activity every day and engage in a variety of types and intensities of physical activity across the week.

Adults (19-64 years): at least 150 minutes each week (moderate intensity), or have 75 minutes of vigorous activity a week and do muscle strengthening activities on two days or more each week.

Questions to embed knowledge:

1. What is 'malnutrition'?
2. What can malnutrition cause?
3. How can food packaging help you to maintain a balanced diet?
4. How does this link with the Eatwell guide?
5. What changes can you suggest to improve your diet?

Front-of-pack labelling

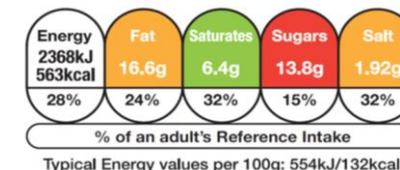
Front-of pack-nutrition information is voluntary but if a food business chooses to provide this, only the following information may be provided: energy only;

energy along with fat, saturates, sugar and salt.

Red, amber and green colours, if used, show at a glance whether a food is high, medium or low for fat, saturates, sugars or salt. The colour coding can be used to compare two products.

Nutrient	Low	Medium	High
Fat	≤3.0g/100g	>3.0g to ≤ 17.5g/100g	>17.5g/100g
Saturates	≤1.5g/100g	>1.5g to ≤5.0g/100g	>5.0g/100g
(Total sugars)	≤5.0g/100g	>5.0g and ≤22.5g/100g	>22.5g/100g
Salt	≤0.3g/100g	>0.3g to ≤1.5g/100g	>1.5g/100g

Note: Portion size criteria apply to portion sizes/servings greater than 100g.



Budgeting

There are many things that we can do to spend money wisely on food. Examples can include:

- eating the seasons;
- stocking up on food with a long shelf-life;
- taking time to plan meals and write a shopping list;
- cooking using one pot;
- making fake-aways rather than buying takeaways;
- using leftovers;
- replacing branded items with cheaper items;
- comparing prices and shop around to find the cheapest items;
- growing your own food.

Food provenance

Food provenance is about where food is grown, caught or reared, and how it was produced. Food certification and assurance schemes guarantee defined standards of food safety or animal welfare. There are many in the UK, including:

Red Tractor



The British Lion mark



Marine Stewardship Council



Food prices

Food prices can and do change throughout the year and over time. This may be due to a variety of reasons, including:

- climate and weather patterns;
- crop failure;
- crop disease;
- seasonality;
- consumer demand;
- agricultural costs increase;
- fuel prices go up;
- increased use of bio fuels.

Meat - Commodities

Animals are reared by farmers for our food.



Cuts of meat are prepared by butchers in shops and supermarkets. Cuts include:



Meat is also bought ready prepared.



Meat can be cooked in many different ways.



Food availability

Buying food when it is in season will often mean that the price is lower. Technology and the importation of food has allowed food to be available all year round.

Questions to embed knowledge:

1. What is food provenance?
2. What is meant by the term 'food miles'?
3. What is a commodity?
4. Cost an evening meal you have eaten as though it is being sold in a restaurant.
5. Research food provenance logos you can find on your food packaging.

Restaurants need to consider different factors when pricing a menu in order to make a profit. Those factors can include:

Food costs, Overheads, Wages, Profit and VAT

When costing a dish the following formula is used:

Cost per portion x 100

40

The price is then rounded up so that the cost always ends in a 5 or a 0.