Name: Date:

The Eatwell Guide

1. How much fibre are adults recommended to consume per day?
10 grams
19 grams
25 grams
30 grams

2. Which one of the following food groups is not essential for health?
Oil and spreads
Foods high in fat, salt and sugars
Potatoes, bread, rice, pasta and other starchy carbohydrates
Dairy and alternatives

3. True or false? People with type 2 diabetes should not follow the Eatwell Guide as they require special diets.
True
False

4. How many portions of fish is it recommended that we all consume per week?
0 portions
1 portion
2 portions, one of which is oily
At least 4 portions, of which 2 are oily

5. Which of the following counts as 1 of your 5-A-DAY?
Strawberry Jam
Fruit/vegetable juice or smoothies (150ml)
Potatoes
All of the above

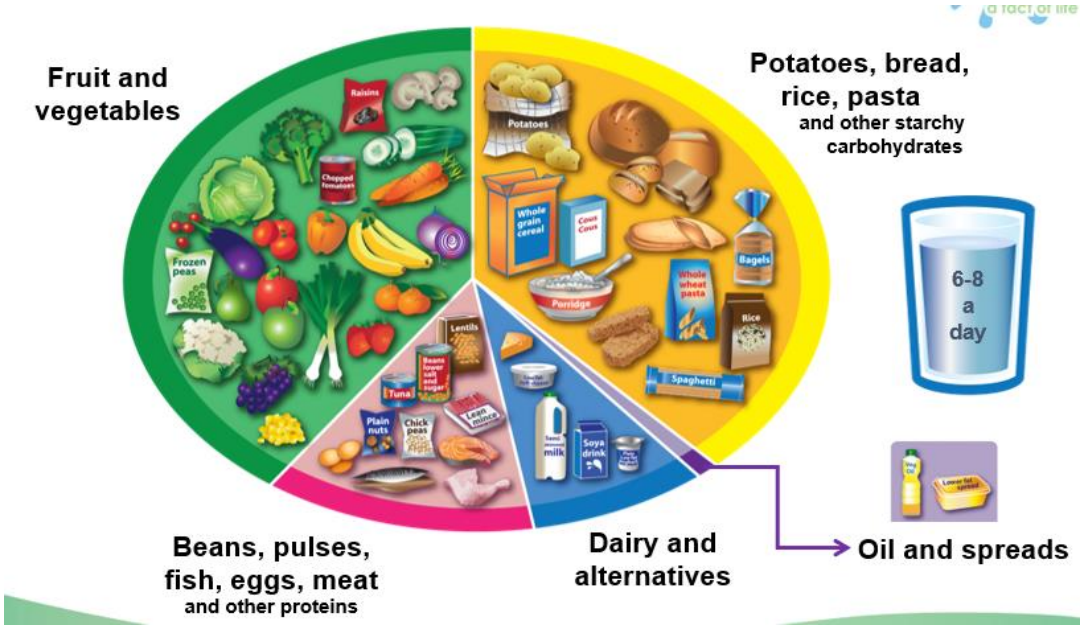
6. How much fluid should you aim to consume per day?
1-3 glasses
4-6 glasses
6-8 glasses
As much as you can

7. Why is it not recommended to consume over 150ml of fruit/vegetable juice or smoothies per day?
As they are high in free sugars
As they are high in vitamin C
Because only water counts towards your fluid intake
As they never count towards your 5-A-DAY

8. Which of the following would help increase your fibre intake?
Increasing consumption of wholegrains
Choosing a high fibre breakfast cereal
Eating more fruit and vegetables
All of the above

9. True or false? Children under 2 should not drink low fat milk.
True
False

10. Why is butter not included in the 'Oil and spreads' section of the Eatwell Guide?
As it is low in saturated fat
As it is high in saturated fat
As it is high in unsaturated fat
As it is commonly eaten



Use https://www.foodafactoflife.org.uk for support and guidance.

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Name: Date:

Raising agents

1) Name three food items that require a raising agent.

i. _____

ii. _____

iii. _____

2) Describe two different ways in which mechanical raising agents can incorporate air into a mixture.

_____

_____

_____

3) What does baking soda need to react with, in order to produce carbon dioxide?

_____

4) Which gas is the **main** cause of rising in the following products:

Scones made with baking powder _____

Bread made with yeast _____

Choux pastry _____

5) Name an ingredient that can slow the action of yeast. Explain how this happens.

_____

_____

_____

6) Match the following methods of incorporating gas into a mixture (right) to whether they are mechanical, chemical or biological raising agents.

Mechanical	Sieving
Chemical	Yeast
Biological	Beating
	Self-raising flour
	Whisking
	Baking powder

7) Fill in the table, explaining how each of the three conditions that affect yeast fermentation are met in a food product.

Condition that affects yeast	How can this condition be met?
Temperature	
Moisture	
Food	

Use https://www.foodafactoflife.org.uk for support and guidance.

Investigating portion sizes

Nutritional analysis allows ideas for recipes to be tested before they are made. Changes to recipes might look to reduce the fat, salt or sugar provided or increase fibre. The recipe should be cooked to ensure that it looks, smells and tastes good.

To do

1. Go to *Explore Food* http://explorefood.foodafactoflife.org.uk/
2. Analyse the *Veggie quiche* recipe.
3. Click 'View summary'.
4. Modify the number of portions the quiche serves (see chart).
5. Complete the following chart.

Energy/nutrient	2 portions	4 portions	6 portions	8 portions
Weight per portion (g)				
Energy (kJ)				
Energy (kcal)				
Fat (g)				
Saturates (g)				
Sugars (g)				

Veggie quiche

Ingredients
100g plain flour
50g butter
125g milk, whole
100g egg, whole (raw)
40g onion (raw)
50g Cheddar cheese
50g mushrooms (raw)
50g tomatoes (raw)
2g salt

6. What conclusion do you draw from the chart?

7. How many portions would you recommend the quiche serves? Explain your answer. You may wish to look online or in supermarkets for recommended quiche portion sizes.

8. How could controlling portion size help public health?

Extension
Modify the recipe to reduce the energy, fat and saturates per portion.

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese (string cheese)		Pointer finger	1½ ounces
Milk and yogurt (glass of milk)		One fist	1 cup
Vegetables			
Carrots		One fist	1 cup
Kale		Two fists	2 cups
Fruits			
Apple		One fist	1 medium
Peaches		One fist	1 cup
Grains: Breads, Cereals, Pasta			
Cereal (bowl of cereal)		One fist	1 cup
Noodles, rice, oatmeal (bowl of shredded wheat)		Handful	½ cup
Slice of whole-wheat bread		Flat hand	1 slice
Protein: Meat, Beans, Nuts			
Chicken, beef, fish, pork (chicken breast)		Palm	3 ounces
Peanut butter (spoon of peanut butter)		Thumb	1 tablespoon

HealthyEating.org

Distance Learning—KS3 Cooking & Nutrition 1 (Y7)

1. What is the raising agent that makes bread rise? _____
2. What type of flour is recommended for bread making? _____
3. This type of flour is high in protein called _____ and this makes the dough elastic enabling a good rise.
4. What four things does yeast need before it will grow?

_____, _____, _____ and _____

Use this words to fill in the blank

overheating	biological	warm	agent	ferment
raising	agent	food	moisture	carbon dioxide

5. Yeast is sometimes known as a _____ _____ _____ which in the presence of _____ and _____ grow and _____ to produce _____ and alcohol. This reaction takes place more quickly in _____ conditions than in cold ones. Yeast can be killed by _____.
6. The liquid used to make bread is usually water. What other liquids could be used?

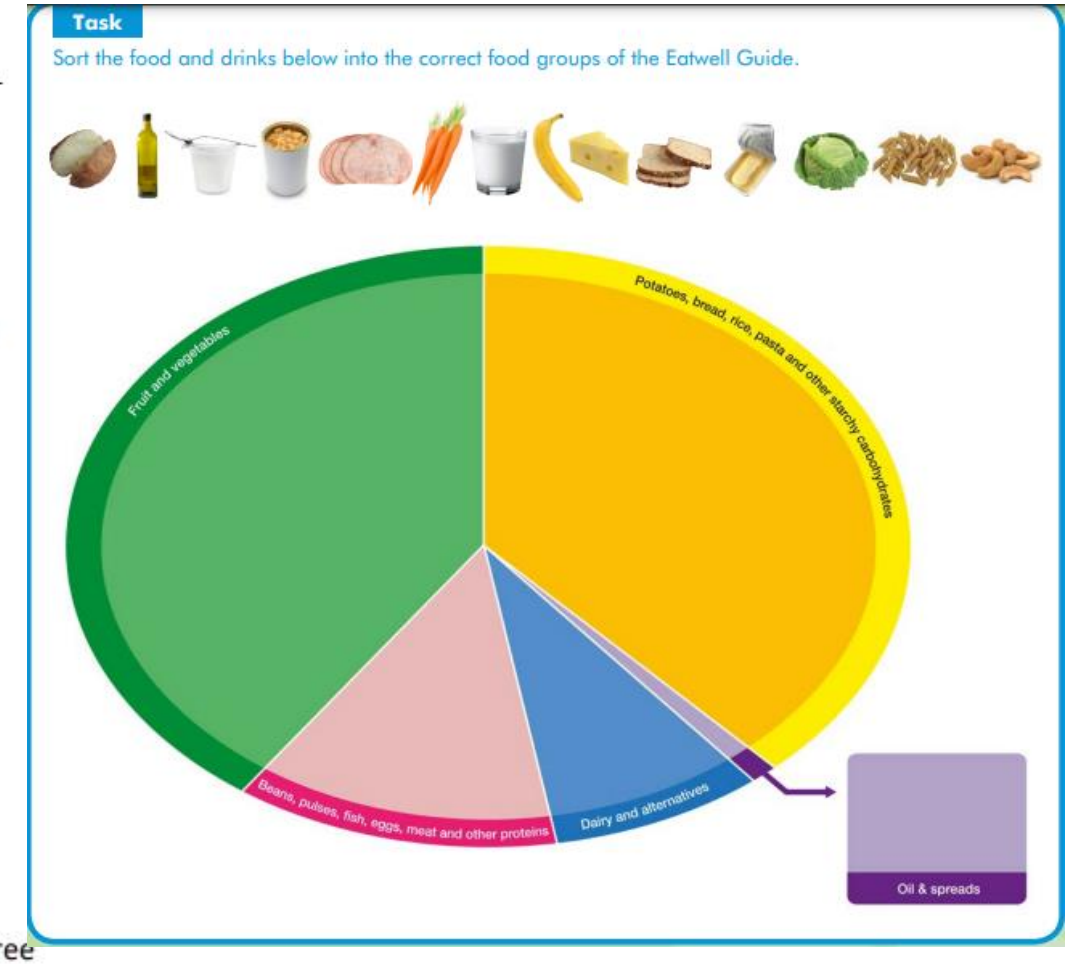
_____

7. Sugar provides food for yeast and can be found naturally in the flour. If you add too much sugar what would happen?

_____

8. Salt controls the action of the yeast and helps to improve the flavor of the finished bread. If you added too much salt what would happen?
9. Fat or oil can be added to the bread to improve its self-life and flavor. Give three examples of different types of fat or oils that can be used .

Design a healthy breakfast for you and a friend which includes food and drink from at least three of these group from the Eatwell guide.



Use https://www.foodafactoflife.org.uk for support and guidance.

Using your own words, explain what the eatwell guide is.

How many food groups has the eatwell guide been divided into and why?

Explain why we need protein

Which food group is the smallest and why?

Which food group contains calcium rich foods?

Explain why we need calcium

Describe a healthy packed lunch for a school child

Explain why you have chosen each item of food. How does it link to the suggested food intake on the Eat well plate?

1) Explain the term malnutrition.

2) Name two common diseases as a result of the under nutrition of energy.

3) Which condition is the most common form of under nutrition found in developed countries?

4) Why does it take time for a fat soluble vitamin or mineral deficiency to develop?

5) Which types of countries are usually associated with problems of over nutrition?

6) What is the most common form of over nutrition found in the UK today?

7) Describe six risk factors of malnutrition:

8) Which of the following increases the risk of malnutrition?

Famine

Having higher nutrient requirements

Having a lack of income

All of the above

9)True or false? Over nutrition also includes consuming high quantities of micronutrients.

True

False

10)Complete the following sentence. Malnutrition refers to...

Over nutrition

Undernutrition

Both Over- and Under-nutrition

11)Which of these is more common in the UK?

Undernutrition

Over nutrition

Nutrition labels

Introduction
Nutrition labels provide information to consumers to help them know more about the energy and nutrients provided by pre-packed foods. They can also be used for comparison purposes, e.g. comparing the fat provided by two different sandwiches.

Nutrition labels list the following in this order:

- energy (both in kilojoules and kilocalories)
- fat
- saturates
- carbohydrate
- sugars
- protein
- salt (in place of sodium)

The information has to be given per 100g/ml but can additionally be given:

- per portion or per consumption unit (e.g. per slice);
- as % Reference Intakes (formerly known as Guideline Daily Amounts).

Spaghetti Bolognese
250g spaghetti (white, raw)

50g onions (raw)
5g garlic (raw)
40g mushrooms (raw)
15g vegetable oil
250g beef mince (raw)
300g canned tomatoes
5g beef stock cube

The recipe serves 2 people.

1. True or false? Throughout your life, it is recommended your diet should be exactly the same.

True

False

2. Complete the following sentence. If the mother is _____, then it can be harmful for the baby.

Underweight

Overweight

Either under- or overweight

3. True or false? It is easy to get enough folate from the diet so mothers do not need supplements.

True

False

4. How many micrograms of folic acid are recommended daily for the first 12 weeks of pregnancy?

100

400

600

1000

5. Why is taking a folic acid supplement important in pregnancy?

Reduces the risk of neural tube defects

Helps the baby be born a healthy weight

Avoids harmful substances being passed to the baby

Improves the IQ of the baby

To do

Go to *Explore Food* http://explorefood.foodafactoflife.org.uk

Analyse the Spaghetti Bolognese recipe.

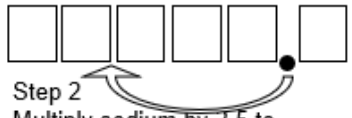
Complete the following Nutrition Information panel:

	Per 100g	Per portion (g)
Energy (kilojoules)		
(kilocalories)		
Fat (g)		
Saturates (g)		
Carbohydrate (g)		
Sugars (g)		
Protein (g)		
Salt (g)		

Sodium to salt
Explore Food provides sodium in mg.

Step 1
First convert mg into g.
1000mg = 1g

Move the decimal point 3 places left.
1910.0mg > 1.91g



Step 2
Multiply sodium by 2.5 to calculate salt.

_____ x 2.5 = _____ g salt

How healthy are you?

Complete the following quiz to find out how healthy you are!

Circle your answers and add up the scores using the key on the results sheet.

1. What do you base your meals on?
a) Potatoes, bread, rice, pasta and other starchy carbohydrates
b) Beans, pulses, fish, eggs, meat and other proteins
c) Dairy and alternatives

2. How many portions of fruit and vegetables do you have each day?
a) Less than 2
b) 2 – 4
c) 5 or more

3. How many portions of oily fish do you eat each week (e.g. salmon, mackerel, trout, fresh tuna, herring, sardines)?
a) None
b) 1 portion
c) 2 or more portions

4. How often do you have high fat and/or high sugar foods (e.g. chocolate, biscuits, crisps, butter, pastries, sausages, cream, pies, cakes, fizzy drinks)?
a) Once a week
b) Once a day
c) A couple of times every day

5. How often do you add salt to your food, either when cooking or before eating?
a) Never
b) Sometimes
c) Most of the time

6. How many days a week do you take part in moderate to vigorous intensity activity for at least 60 minutes?
a) Everyday
b) 3 – 6
c) Less than 3

7. How many drinks do you have each day?
a) Less than 3
b) 3 – 5
c) 6 – 8+

8. Which of the following are you most likely to drink?
a) Water
b) Soft drinks (not diet drinks)
c) No added sugar squash or milk

9. How often do you eat breakfast?
a) Everyday
b) Most days
c) Never

Scoring

1. a=2 b=0 c=0
2. a=0 b=1 c=2
3. a=0 b=1 c=2
4. a=2 b=1 c=0
5. a=2 b=1 c=0
6. a=2 b=1 c=0
7. a=0 b=1 c=2
8. a=2 b=0 c=1
9. a=2 b=1 c=0

Eight 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. Don't get thirsty
8. Don't skip breakfast

If you scored 14-18...

Well done! Looks like you have a healthy lifestyle which follows the eight tips for healthy eating. Look at the tips to see if there are any areas you can improve on!

If you scored 6-14...

Good effort but there are some areas where you can improve! You are following some of the eight tips for healthy eating but it is important to follow all the tips to help you make healthier choices. Look at the tips to see what areas you can improve on and think about what changes you can make to your diet and lifestyle!

If you scored 0-5...

Some room for improvement here! It is important to follow the eight tips for healthy eating to maintain good health and help you feel at your best. Look at the tips and see which areas you need to improve on.

Where does our food come from?

Important facts:

- All food comes from plants or animals.
- Food has to be grown, reared or caught.
- Food is produced around the world.
- Food is changed from farm to fork.
- Food is processed on different levels to make it edible and safe.

The following ingredients are used to make a vegetable and goat's cheese tart. State whether the ingredients are from a plant or animal and its name. The first one has been done for you.

Ingredient	Animal or plant	Name of animal or plant
Plain flour	Plant	Wheat
Hard cooking fat or butter		
Mushrooms		
Tomatoes		
Sweetcorn		
Peas		
Red pepper		
Goat's cheese		
Eggs		
Milk		
Black pepper		

Choose one of the ingredients and research how it is processed to make it edible and safe to eat.

Complete the chart below.

Dish	Does it use egg?	How?
Boiled egg		
Scrambled egg on toast		
Blueberry muffin		
Frittata		
Meringue		
Bacon quiche		
Scotch egg		
Rock cakes		
Custard		
Mushroom omelette		
Spanish tortilla		

1. Explain the meaning of food provenance.

2. In 2019, what percentage of food eaten in the UK was produced in the UK?

3. Explain the meaning of food miles.

LOGO	
	
	
	

Write down the meaning of the food packaging logos.

4. Look at a range of food labels, then use a food miles calculator foodmiles.com to help you complete the table below.

Name of food	Country of origin	Food miles	Information provided by quality assurance logos

Which type of food preservation is it?

Read the description and use the fact sheet to help complete the boxes below.

Food is placed in a high salt brine solution. The food is then either placed in air-tight and heat sealed packets, or loose.

Method of preservation:

Which cuts of meat and meat products are suitable for this?

Providing the packaging remains undamaged, this type of preservation ensures the food will last for many years.

Method of preservation:

Which cuts of meat and meat products are suitable for this?

The temperature is reduced between 1°C and below 8°C reduces spoilage by slowing down the action of micro-organisms and enzymes.

Method of preservation:

Which cuts of meat and meat products are suitable for this?