

Give Way to Health



Information Booklet

Give Way to Health – introduction to food

Aims

- To develop knowledge and understanding of the importance of eating a balanced diet
- To develop an awareness that Scotland has a poor diet which needs to be improved
- To develop knowledge and understanding about the different sections of the Eatwell plate
- To develop knowledge and understanding about the different nutrients
- Increase awareness of the different foods within each of the sections
- To develop informed attitudes about eating for health
- To develop an understanding of design and making a pizza
- To understand how to analyse, research and plan
- To develop knowledge and understanding of the evaluation process

Objectives

- State why it is important to eat a healthy balanced diet
- State why Scotland has a poor diet and that too many Scots die from heart diseases
- Name the sections of the Eatwell plate and give examples of foods within the sections
- Know the different nutrients, their functions and give examples of foods for each nutrient
- Choose healthier foods within the sections
- Plan, analyse, research and evaluate the design and make process

Why do we need food?



Do you know that in Britain we eat more sweets per person than any other country?

Do you know that nearly all British children have some tooth decay and that 25% of today's 5-year-olds will probably need false teeth before they are twenty?

Do you know that the average person eats 180g butter, 90g margarine and 3 loaves per week

Do you know that we eat about 50kg of sugar a year and that about $\frac{1}{2}$ of this is used in the home and $\frac{1}{2}$ is used in making cakes, sweets and ice cream

Do you know how many people in this country are overweight?

Do you know why people become overweight?

Do you know $\frac{2}{3}$ of the world's population do not get enough to eat?

If the answer to any of these questions is 'no' then you need to know more about NUTRITION.

Nutrition means knowing what foods to eat and how the body uses food.

Why do we need food?

Food is essential to keep us alive and in good health.

The government suggested in 'The Health of the Nation' 1992, that the nation's eating and drinking habits were deteriorating. In order to reverse the trend, they set the following targets for a healthier nation:

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to stay at a healthy weight
- Eat plenty of foods rich in STARCH and FIBRE
- Don't eat too much fat
- Don't eat sugary foods too often
- Look after the vitamins and minerals in your food
- If you drink alcohol, keep within sensible limits



'The Balance of Good Health' was published in the 1994 National Food Guide and was based on the eight guidelines listed above.

It states that in our diet, food can be categorised into five food groups, which are:

- Bread, other cereals and potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and alternatives
- Fatty and sugary foods

One way of checking whether or not you are eating lots of different types of foods is to use the plate check

1/2 of the plate should have a mixture of vegetables or fruit



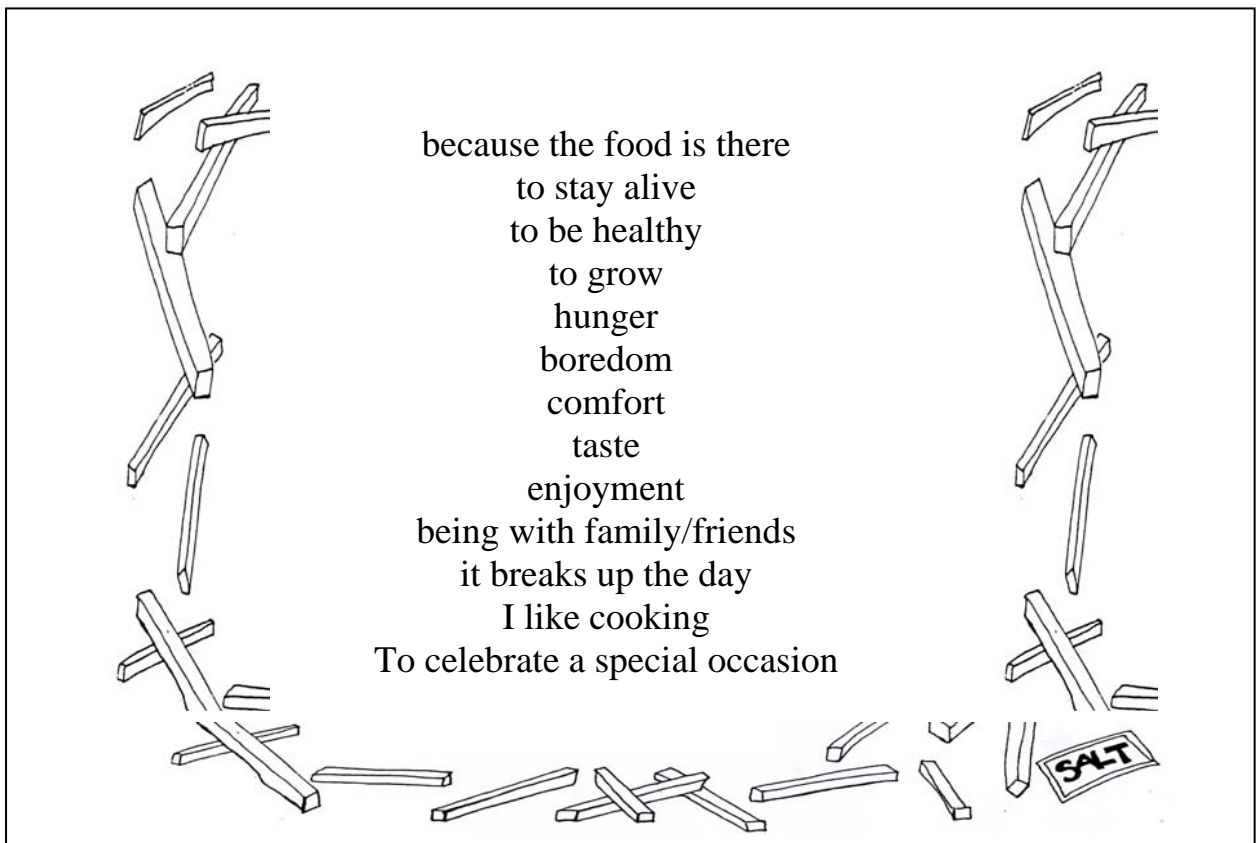
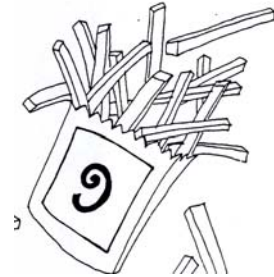
1/6 of the plate should have a protein rich food e.g. meat, eggs, cheese, pulses, fish

1/3 of the plate should have starch foods such as potatoes, rice, pasta

Why Eat?

We eat food for lots of different reasons, and those reasons vary from person to person. Some reasons are given below. Get into a small group and see if you can add three more reasons for eating to the list.

Now, working on your own, arrange all these reasons in their order of importance for you. For instance if 'being with my family' is the main reason why you eat, then put this first. If 'hunger' is the least important, then put this last.



Get together with a friend and look at their list. How is it different from yours? How is it the same? Are there more similarities at the bottom or the top of the list?

Imagine you are a child in a part of the world where food is scarce. In what order would you write your list now?

The mood we are in can have a big effect on how hungry we feel. What emotions make you feel hungry? Which feelings make it hard for you to eat

Food and You

Cars, like people, come in all shapes and sizes.



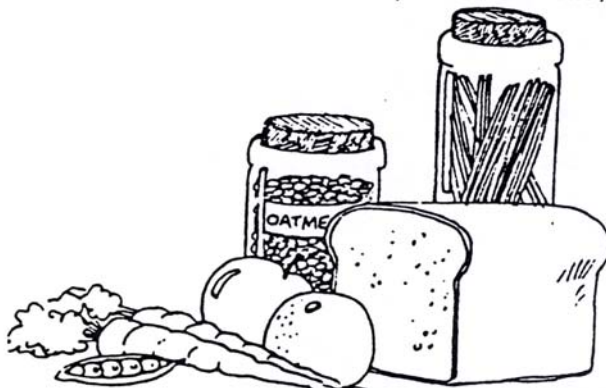
To function properly, cars need fuel. Fuel consists of a lot of petrol, a moderate amount of oil and a little grease.



People, too, need fuel to function. Our fuel needs are met by food.

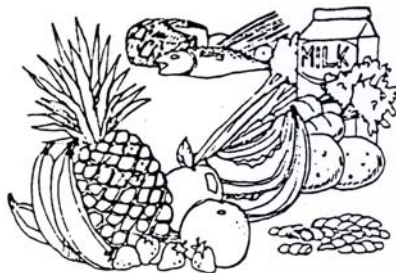
Our fuel consists of:

*foods which we need the **most of**, such as bread, cereals, fruit and vegetables.

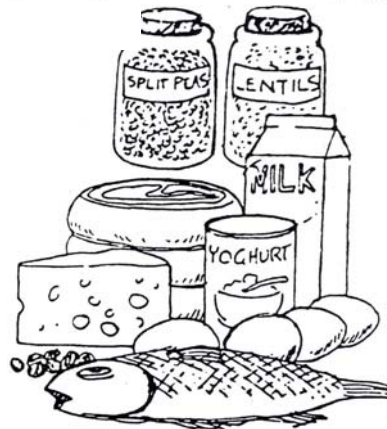


*foods that we need a moderate amount of such as milk, cheese and yoghurt, meat, eggs and poultry, nuts and pulses.

*foods we need the least of, such as butter, margarine, oil and sugar.

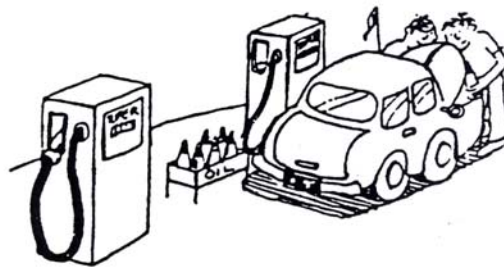


Both cars and people also need water, to help their systems function. Petrol, oil, grease and water all have specific function in a car.



Similarly, food has specific substances that it must supply the body with so that all parts of the body work properly.

A petrol station supplies all the car's needs and we know when the car is low on petrol. We have our cars checked regularly to see that they have oil and water. They are serviced regularly and topped up with little extras like brake fluid, grease etc.



We are not so lucky with our bodies. We do not have a gauge to tell us when we are empty or full. Our choice of food is very wide. We do not come with a set of specific instructions to tell us what types of foods we need and when we need them.

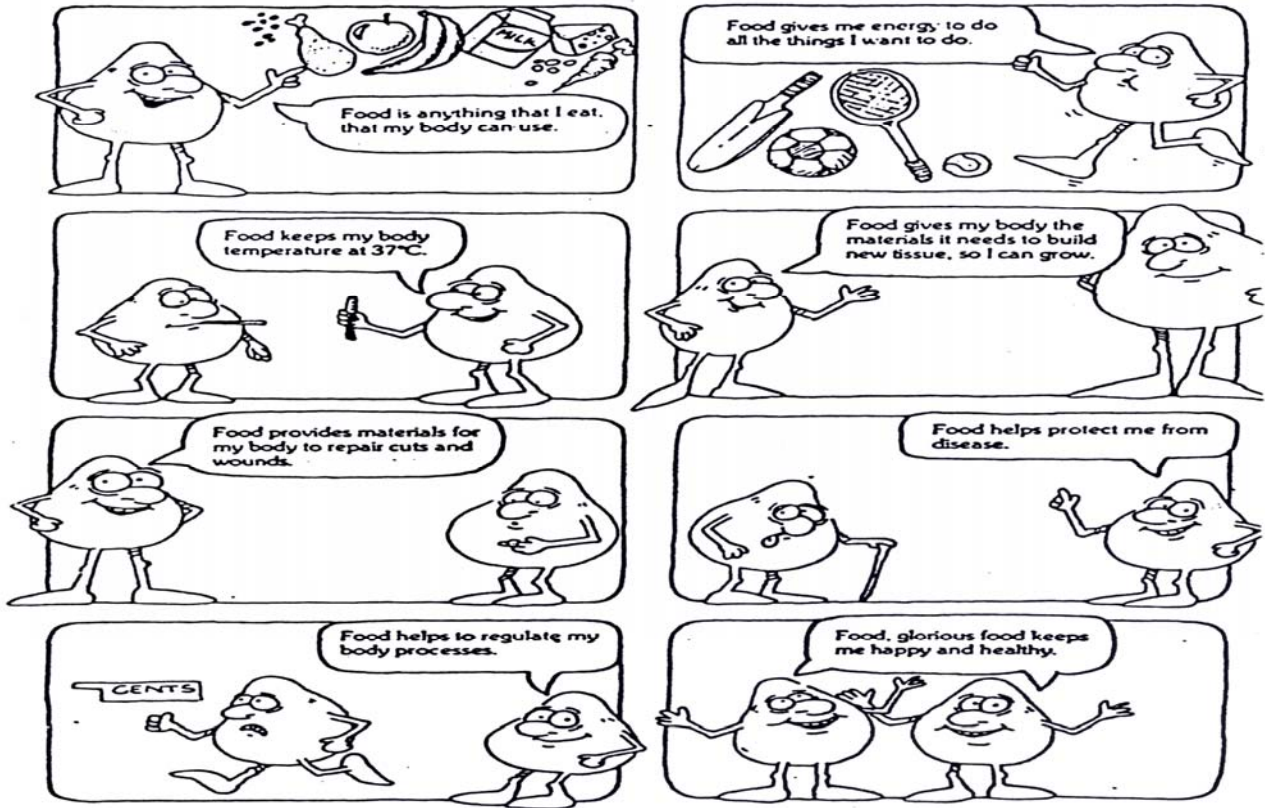


DISCUSS:

1. How do you know when you are hungry?
2. How do you know when you have had enough to eat?
3. How do you know you have eaten the foods your body needs?

Food and Your Body

FOOD AND YOUR BODY



Did you know?

- Nutrition is the study of how the body uses food
- Nutritionists are people who study nutrition
- Nutrients are complex chemical substances that are found in food. The body needs them to carry out all its functions and to stay healthy.
- Diet is the name for the food we eat each day. It is not, as many people think, related to food we eat when we want to lose weight. That is a special diet, and should be called a reducing diet.
- A Dietician is a person who has studied nutrition and who advises people about their diets. A dietician usually works in a hospital
- A healthy diet is a diet that contains all the nutrients the body needs. These nutrients are obtained by eating a variety of foods
- Vegetarians do not eat meat; some do not eat any animal products at all. With careful food choice all the body's needs can be met
- Malnutrition means an incorrect or unbalanced intake of nutrients
- Digestion is the process of breaking down food which is then absorbed into the bloodstream

Keeping Healthy

As a result of the health problems in Britain, especially Scotland, guidelines have been suggested that we should follow to become healthier people.

1 Eat a variety of foods each day.

2 Prevent and control obesity. Being too fat is a health hazard.

3 Eat less fat and have a healthier heart.

4 Eat less sugar.

5 Limit alcohol intake.

6 Eat more fruit and vegetables.

7 Eat less salt.

8 Drink more water.

9 Breast-feed babies.

Bread, milk, cheese, lentils, fruit, and vegetables.

Obesity.

Cream, chips.

Chocolate, cake, biscuits.

Alcohol.

Can all be caused by alcohol.

Can you find alcohol on the Healthy Diet Pyramid?

750 mg salt

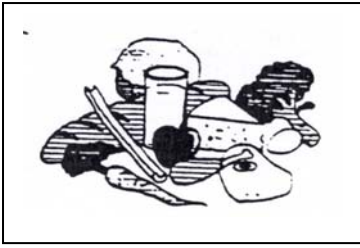
800 mg salt

300 mg salt

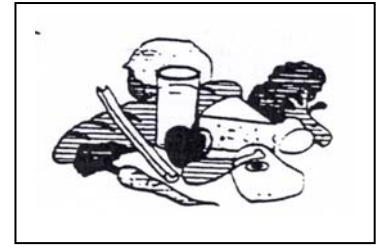
Each day you should have no more than 200 mg of salt.

1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 =

Healthier ... ns



Eat for Health



- 1) Why do we eat food? Give 3 reasons
- 2) We need energy to keep our bodies functioning and to do every day activities.
List 5 everyday activities that our bodies do which require energy.
- 3) In pairs, list factors which influence what we eat.
Here are some suggestions;

family	senses (smell, colour, taste)
cost	media
- 4) Write next to each factor 3 reasons why these factors affect which foods we eat.
- 5) What are the 3 major causes of death and ill-health in Scotland?
- 6) Why is it important to eat a healthy diet?
- 7) List 5 guidelines for a healthy diet.
- 8) Why should we eat a variety of different foods?
- 9) Complete this sentence: *“I want to change my eating habits to become healthier but what stops me is ...”*

The Eatwell Plate



Fruit and Vegetables



Bread, Cereals, Pasta and other starchy foods



Meat, Fish, Beans and other non-dairy proteins



Milk and Dairy Foods



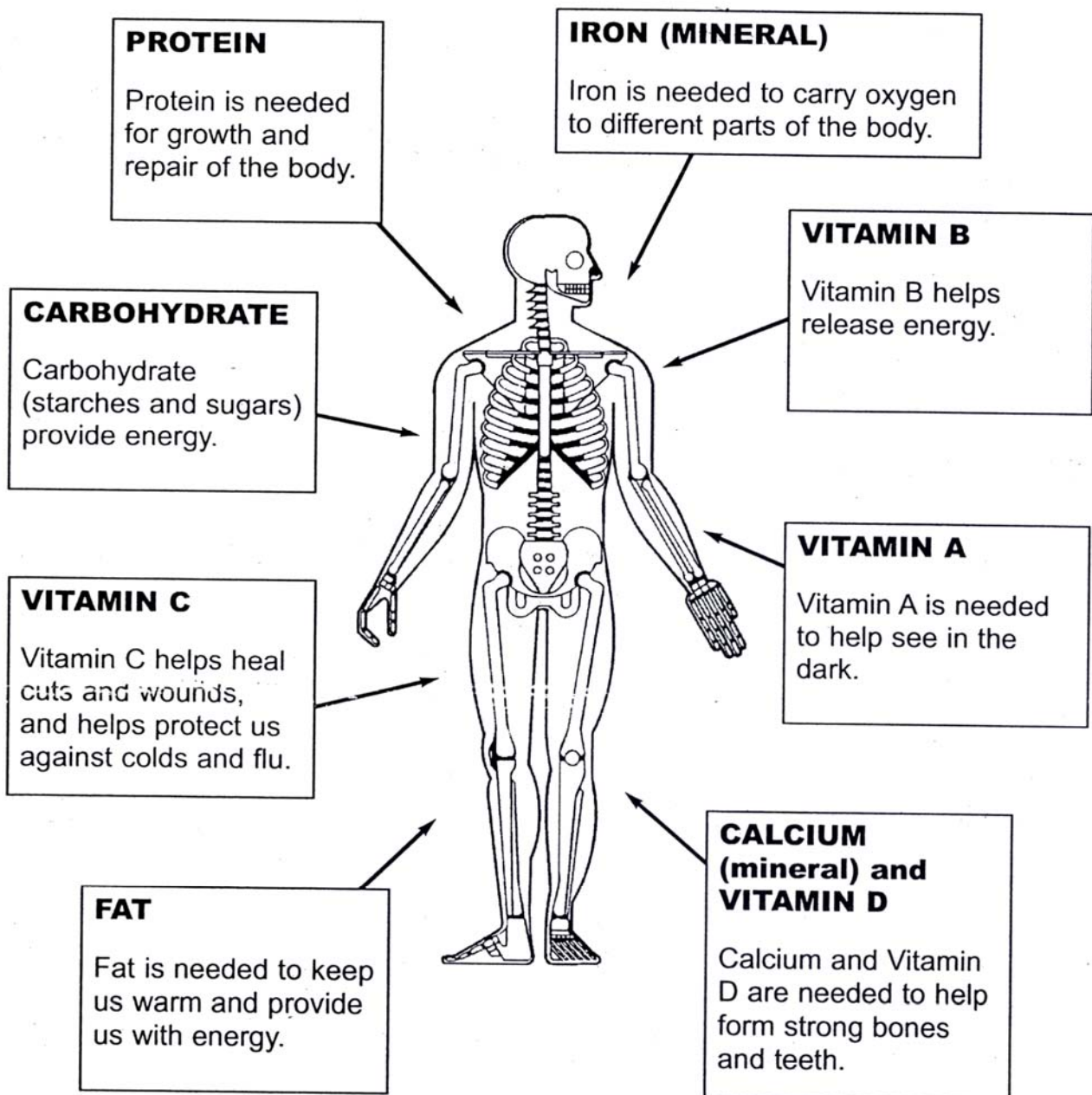
Fats, Salts, Sugars

Health and Nutrition

Nutrients are found in food. Each nutrient has a job to do in the body.

To have a healthy, well-balanced diet we need to get a **variety** of different nutrients from **different** foods.

The picture below shows the nutrients that we must include in our diet and what each nutrient's job is.



Health and Nutrition

NON-STARCH POLYSACCHARIDE (NSP) – DIETARY FIBRE

NSP is essential in our diet. It is a type of carbohydrate but **IT IS NOT A NUTRIENT** because it is not digested and absorbed into the bloodstream.

It helps the digestive system work by providing bulk to help move waste through the body so that we are able to go to the toilet (have a poo).

NSP is found in a variety of foods. These include:

- Fresh and dried fruits e.g. apples, bananas, dried apricots and raisins
- Vegetables e.g. carrots, sweetcorn, cabbage and celery
- Cereals e.g. Weetabix, Fruit and Fibre, Bran Flakes and muesli
- Brown rice
- Wholemeal bread
- Wholemeal pasta



WATER

70% of the human body is made of water. Water is needed for all body fluids including urine, sweat, saliva and blood.

It is recommended by health professionals that we drink a minimum of two litres of water each day and more should be drunk in hot weather or if doing a lot of exercise.

Many foods contain water, particularly fruit and vegetable



Health and Nutrition

Task

Using the words in the box below, complete the nutrient table.

Vitamin A	Vitamin C	Fat	Protein
Vitamin D	Carbohydrate	Iron	Vitamin B
			Calcium

Name of Nutrient	Job in Body
1. Protein	Growth and repair of the body
2.	For energy and to keep us warm
3.	For warmth
4.	To help form strong bones and teeth
5.	To help prevent anaemia
6.	To help us see in the dark
7.	Helps release energy in the body
8.	Helps cuts and wounds to heal
9.	Helps produce strong bones and teeth

Health and Nutrition

THE NUTRIENTS

You should now have some knowledge of nutrition. It is important that you know which foods you will find nutrients in.

See how much you know by completing the chart below.

Quorn	sausages	bread	broccoli	potato	orange	pork	tofu
burgers	lentils	peaches	olive oil	cheese	rice	strawberry	jam
peanuts	milk	eggs	chocolate	milk	muesli	sardines	carrots
Weetabix	apricots	tuna	butter	baked beans	apples	yogurt	beef

Nutrient	Sources
PROTEIN Animal /fish	P ____, Salmon, T ____, C _____
Vegetable	L _____, Kidney beans, B _____
Alternative proteins (for vegetarians or vegans)	T ____ b _____, Soya mince P __ n ____, Q _____ s _____
CARBOHYDRATE Sugars	Honey, S _____ j ____, A _____
Starches	R ____, Spaghetti, P _____, M _____
FATS Animal	B _____, Lard
Vegetable	Sesame oil, O _____ o__
MINERALS Calcium	_____, Cheese, E _____, Y _____
Iron	Raisins, B _____, S _____, C _____
VITAMINS Vitamin A	C _____, Spinach. Added to margarine and bread
Vitamin B	Marmite, B _____, W _____, B _____
Vitamin C	O _____, A _____, B _____, P _____, Potatoes
Vitamin D	Sunlight, S _____, M _____ Added to margarine and bread



Designing and planning my fruit crumble

Task 1

Write down in your jotters as many different fruits as you can think of which would work well in a fruit crumble. Next, write down different ingredients which will change the taste and texture of your crumble.

Fruits

Ingredients

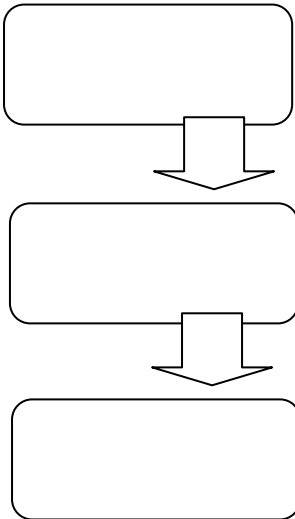


Task 2

Think about the tasks you need to complete when you cook in class. Make a flow chart using the format below. This must include all tasks completed during the period.

Points to include:

- Preparation before you cook
- The recipe
- Tidying up procedures



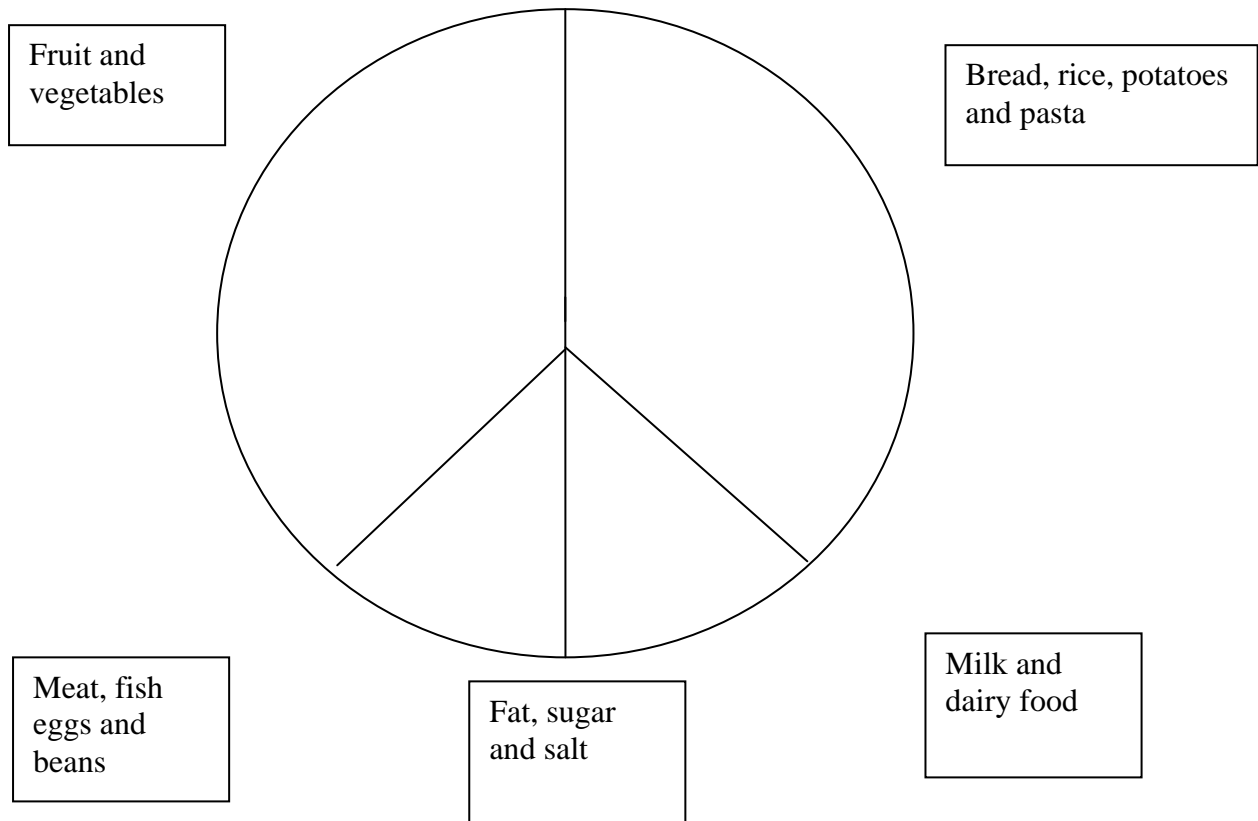
Task 3

Draw and label a diagram of your crumble.

Eatwell Plate

Having looked at the Eatwell plate, you are now given the task of reviewing your homework diary.

Copy the diagram below into your jotter and put your foods for each day into the correct areas of the plate. This will give you an indication of what you are eating throughout the week.



How does your diet look?

- Are there any sections of the plate that you should be eating more of?
- Is there any section of the plate you are eating too much of?
- What could you do to ensure you are eating a balanced diet?

Most people aren't eating enough starchy foods or fibre. Here are some good sources for you to choose from:

- All sorts of bread including wholemeal, granary, brown, seedy, chapattis, pitta bread, bagels, roti and tortillas
- Potatoes, plantain, yam and sweet potato
- More exotic choices included dasheen, coco yam and kenkey
- Squash, breadfruit and cassava
- Wholegrain breakfast cereals
- Beans, lentils, peas
- Couscous, bulgar wheat
- Maize, cornmeal

We should all be trying to eat a variety of starch foods and choosing wholegrain, brown or high fibre varieties whenever we can.

Here are some tips to help you increase the amount of starchy foods and fibre you are eating:

- Have more rice and pasta and less sauce
- If you're having sausages and mash – have more of the mash, some vegetables and one less sausage
- Add beans or lentils to your casseroles, stews and curries – this will also bump up the fibre content and because you will be able to use less meat, the meal will be cheaper and lower in saturated fat.
- Try different breads such as seeded, wholemeal and granary and go for thick slices
- Try brown rice – it makes a very tasty rice salad
- Opt for wholegrain cereals or mix some in with your favourite cereal
- Porridge is a great warming winter breakfast and whole oats with fresh fruit and yoghurt makes a great start to a summer's day. Oats are a good source of soluble fibre

Rice and grains are an excellent choice as a starchy food. They give us energy and are also good value and low in fat.

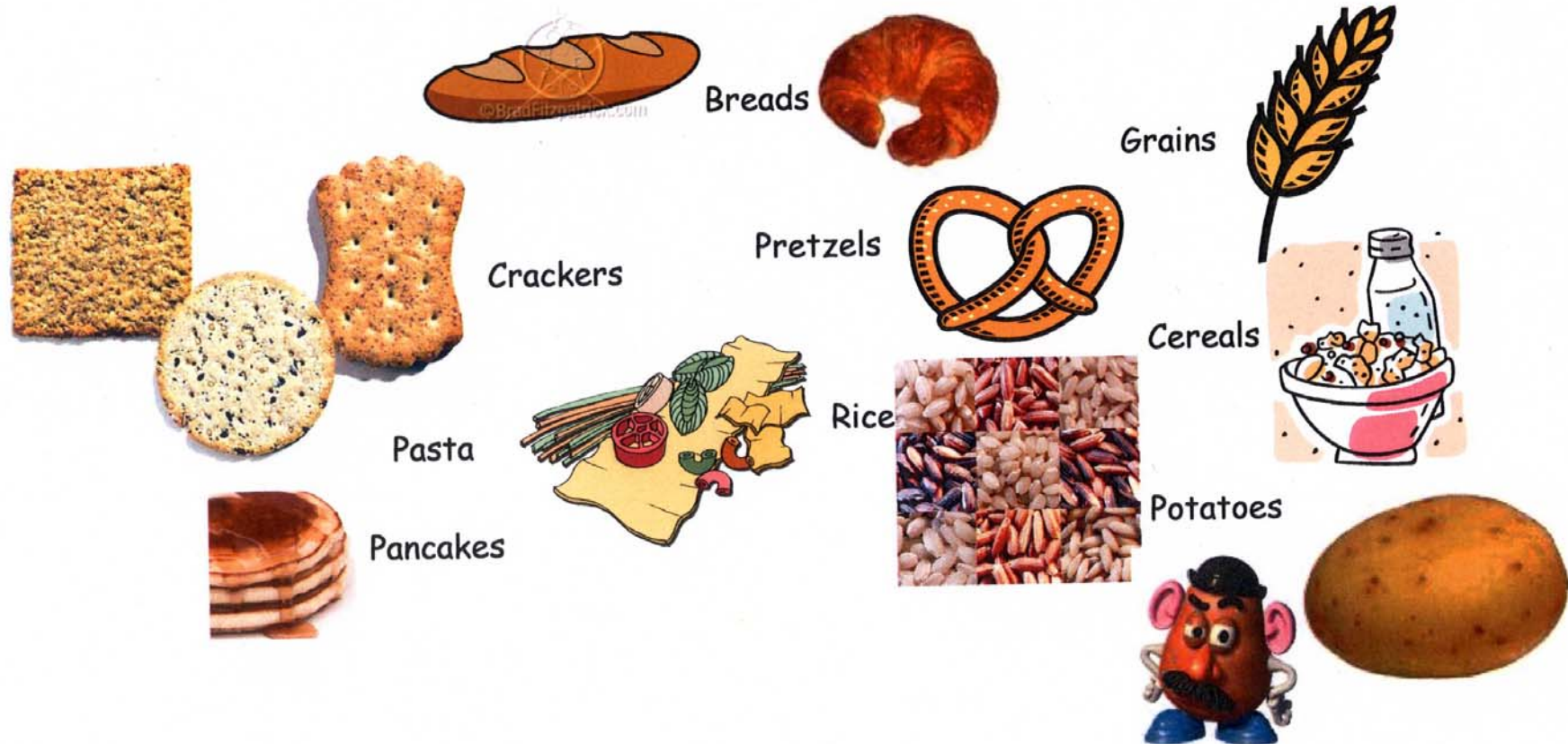
There are many types to choose from such as: all kinds of rice and couscous.

Rice and grains contain:

- Some protein, which the body needs to grow and repair itself
- Some fibre that can help the body get rid of waste products

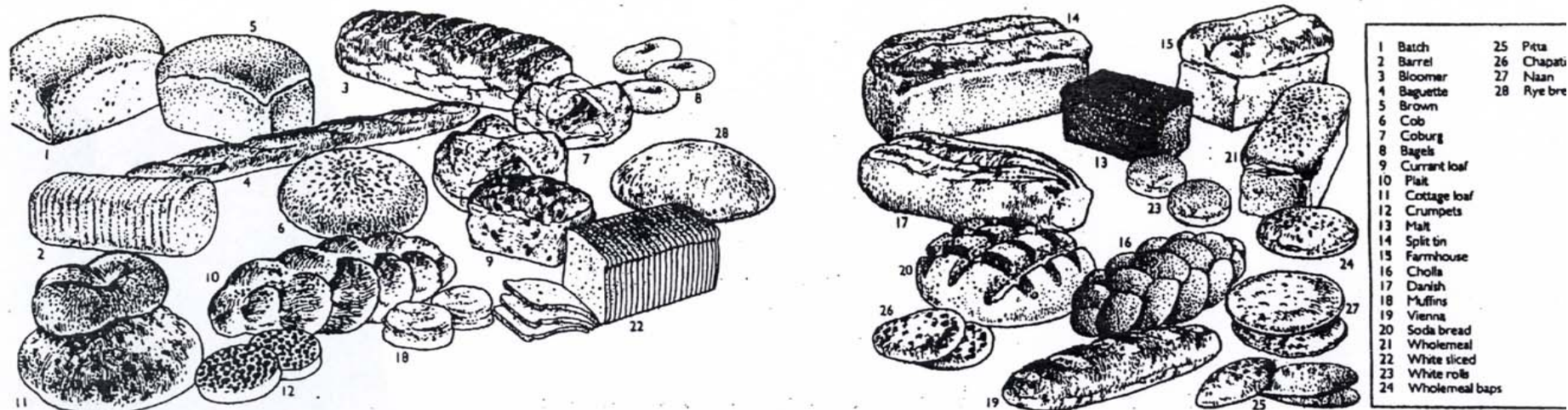
Bread, Cereal, Rice and Pasta Group

This section is one of the largest on the plate, meaning that we should be eating large amounts of these foods. Foods in this group contain fibre, iron, thiamine and niacin and some foods in this group contain B vitamins. The foods in this group give you the best fuel for energy for your body.



Eat Most Group

Bread is a great filler and need not just be the 'plain' or 'pan' loaf traditional in Scotland. There are many varieties from all over the world. Vary the type of bread you eat.






Look at the type of bread above.

Choose a type which would be suitable for:

1. toasting _____
2. sandwiches _____
3. eating with curry or spicy food _____
4. filling with chopped salad _____
5. a snack with ham or cheese _____
6. a tea-time snack _____

Bread Tasting

Taste the bread samples and tick the column, which best represents, what you think of it. Complete a description of it using the Tasting Adjectives below to describe the flavour and texture.

Types of Bread				Describe the flavour and texture

Flavour

Acid	garlicky	rich	bitter	herby
Salty	bland	lemony	sharp	buttery
Meaty	sour	creamy	nutty	spicy
Fishy	oily	strong	flat	orange
Sugary	floury	peppery	sweet	fruity
Tart				

Texture

chewy	firm	soft	creamy	gritty
spongy	crisp	hard	sticky	crumbly
light	stodgy	crunchy	lumpy	stringy
curdled	rubbery	thick	rough	uneven
smooth	doughy	runny	thin	

Bread, Cereals and Potatoes

1. Complete the blanks using the words in the word bank.

Energy	largest	carbohydrate	Balance	section	one
---------------	----------------	---------------------	----------------	----------------	------------

Why do we need to eat these foods?

This is the 1 section of the B Plate because we need to eat a lot of these foods every day to provide our bodies with

The main nutrient in the Bread, Cereals and Potatoes section is . a r e.

How many portions?

Half the foods we eat every day should come from this . e of the . a Plate.

We should try to eat at least . . . of these foods with every meal.

2. Make a list of 3 different foods that come from this section

1.

2.

3.

3. Write down all the foods you ate yesterday.

Underline the foods which come from the Bread, Cereals and Potatoes section of the Balance Plate.

Eatwell Plate Fruit and Vegetables



Fruit and vegetables should make up about a third of the food you eat each day. And it's also important to eat a variety. Five-a-day is a good, achievable target. If you count your portions each day it might help you to increase the amount you eat.

If you eat one or two portions with each meal and have the occasional fruit snack you might be surprised at how easy it is to eat five-a-day.

At breakfast you could:

- Add a handful of dried fruit to your cereal
- Eat half a grapefruit or an apple
- Drink a glass of fruit juice

At lunch you could:

- Eat a bowl of salad
- Have a banana sandwich
- Have some fruit salad

At your evening meal you could:

- Add vegetables or pulses to your curry, casserole or stir fry
- Serve at least two types of vegetables with your fish, chicken
- And don't forget, when you fancy a snack, reach for an apple, banana or perhaps even some dried fruit

Getting the most out of fruit and vegetables

Some vitamins and minerals can be easily lost when fruit and vegetables are prepared or cooked, so try to remember:

- Eat fresh fruit and vegetables as soon as possible rather than storing for a long time – or use frozen instead
- Do not overcook. Start with boiling water and cover tightly to keep in the steam, because this speeds up the cooking. You could use a steamer or a microwave.

Getting the most out of fruit and vegetables

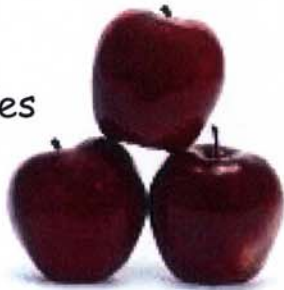
Some vitamins and minerals can be easily lost when fruit and vegetables are prepared or cooked, so try to remember:

- Eat fresh fruit and vegetables as soon as possible rather than storing for a long time – or use frozen instead
- Do not overcook. Start with boiling water and cover tightly to keep in the steam, because this speeds up the cooking. You could use a steamer or a microwave.

Fruit Group

Just like vegetables, fruits are full of vitamins A&C and minerals your body needs for healthy skin, hair and eyes. These make up one large section of the eatwell plate.

Apples



Peach



Orange



Lemon



Lime

Grapes



Berries



Melon



Kiwi



Pineapple



Vegetable Group

Just like fruits, vegetables are full of vitamins A&C and minerals your body needs for healthy skin, hair and eyes. Some vegetables also contain B vitamins and vitamin K. These make up one large section of the eatwell plate.

Mushrooms



Carrots



Celery



Butternut Squash



Onion



Lettuce



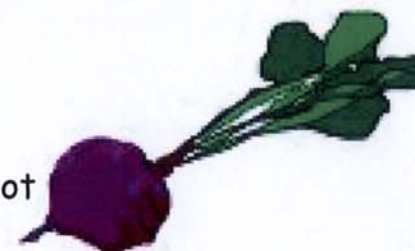
Radishes



Cucumbers



Beetroot



Peppers



Fruit tasting!

There is a very good reason why you should be eating 5 portions of fruit and vegetables every day. This is because your body needs **Vitamin C**. Fruit and vegetables have lots of **Vitamin C**. If you eat 5 portions a day then you are looking after your body by giving it lots of **Vitamin C**. You are now going to carry out a fruit tasting exercise. You have to report back on what you think of it by filling in the table below.

Name of fruit		Name of fruit	
Shape of fruit		Shape of fruit	
Colour of fruit		Colour of fruit	
Is it sweet or sour?		Is it sweet or sour?	

Name of fruit		Name of fruit	
Shape of fruit		Shape of fruit	
Colour of fruit		Colour of fruit	
Is it sweet or sour?		Is it sweet or sour?	

Which fruit did you like most?

Why?

Which fruit did you like least?

Why?

Eatwell Plate Meat, Fish, Eggs and Pulses



This section of the plate provides us with the protein we need which is essential for growth, repair and maintenance of body tissue.

This group will also provide the body with a variety of different vitamins and minerals, so it is important for us to eat a variety of foods from this section from day to day.

Some types of meat are high in fat, particularly saturated fat, which can raise cholesterol levels. Having high cholesterol increases the chances of developing heart disease.

When you're buying meat, the type of cut or meat product you choose (and how you cook it) can make a big difference.

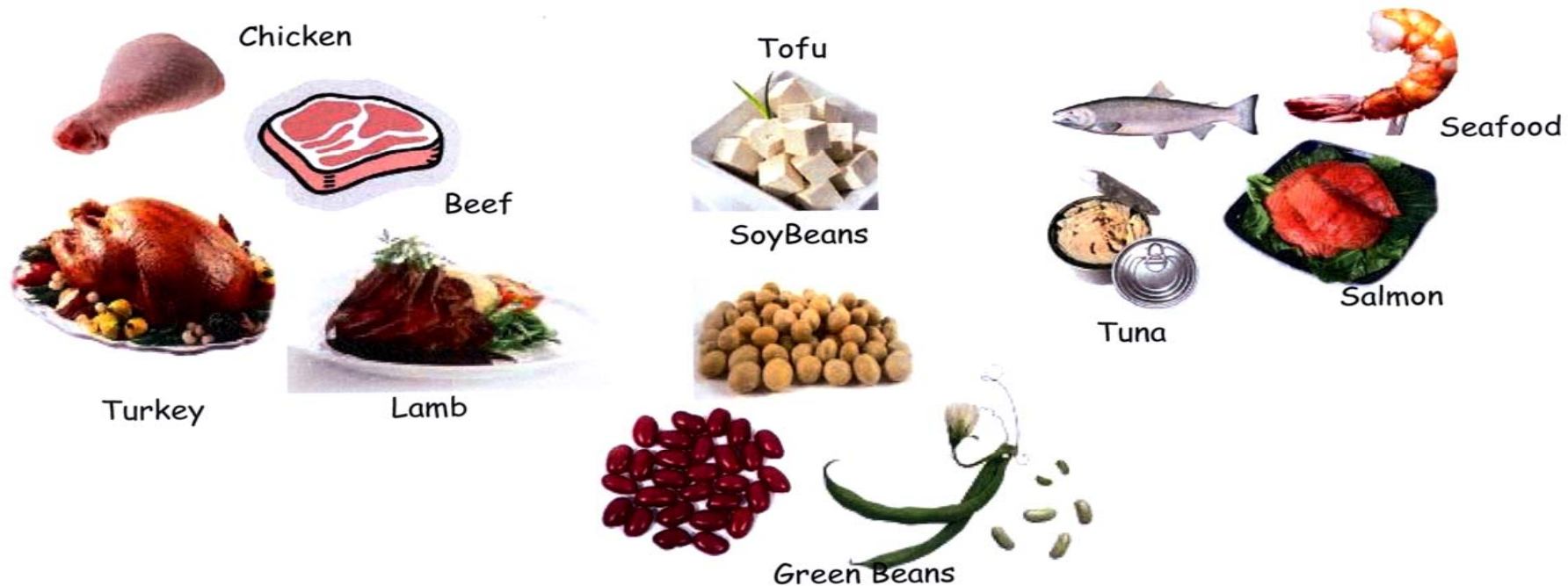
- Go for turkey and chicken, without the skin, because these are lower in fat
- Try not to eat too many meat products such as sausages, salami, pâté and beef burgers, because these are generally high in fat. They are often high in salt too
- Remember that meat products in pastry, such as pies and sausage roll, are often high in fat
- Chicken and fish are lower in fat than red or processed meats
- Trim fat from bacon and steaks ECT.

Meat, Fish, Beans (other proteins)

Items in this group contain plenty of protein, B vitamins, iron and thiamine to help your body grow and repair itself. Dry beans and nuts are included in this group because of the protein they contain, although meat, fish and poultry contain more. Iron in red meats help to form healthy red blood cells that carry oxygen in your body.

Meat, Fish, Beans (other proteins)

Items in this group contain plenty of protein, B vitamins, iron and thiamin to help your body grow and repair itself. Dry beans and nuts are included in this group because of the protein they contain, although meat, fish and poultry contain more. Iron in red meats help to form healthy red blood cells that carry oxygen in your body.



Meat, Fish and Alternatives

Complete the paragraph by filling in the missing words in the box below. You may use a word more than once.

Growth	protein	lentils	small	fish	plate
Protein	lower	beef	fat	beans	meat

Plenty of Protein

This is a s section of the Balance P because we do not need to eat large amounts of the foods in this section. However, we do need to include foods from this section in our daily diet as they provide us with pr

Protein is a nutrient which is needed in our bodies for . . ow . . and repair.

How Many Portions Per Day?

We should be eating 2-3 po. s of foods from this section of the Balance Plate every day.

Keeping the Fat Down

The main foods in this section are b . . . , pork, chicken, . I . . , eggs, peas, b . . . s, nuts and le Some of these foods can be high in f . . Therefore, we should be aiming to choose l . w . . fat versions which are; chicken, fish, peas and l . n . . s.

Alternative Sources

If someone is a vegetarian it means that they do not eat m .a . In order to eat 2 – 3 portions from the Meat, Fish and Alternatives section of the Balance plate, they would need to choose . e . n , peas and . e . t . l . These foods come from plant sources and are also low in . . t.

The Eatwell Plate Milk and dairy



Milk and dairy products come in so many forms: milk, butter, cream, cheese, yoghurt, fromage frais, crème fraîche and many more.

Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of protein and vitamins A and B12.

They're also an important source of calcium, which helps to keep our bones strong. The calcium in dairy foods is easy for the body to absorb. Cream and butter are high in fat, so try to use them sparingly. You can use plain yoghurt and fromage frais instead of cream, soured cream or crème fraîche in recipes. And low-fat spreads can be used instead of butter.

It's also worth remembering that some dairy products can be high in salt, and too much salt can cause high blood pressure (hypertension), which is also linked to heart disease. Adults should be eating no more than 6g of salt a day.

Milk and dairy products are an important part of a child's diet. They are a good source of energy and protein, and contain a wide range of vitamins and minerals, particularly calcium, which growing children and young people need to build healthy bones and teeth.

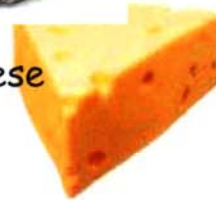
Milk and Dairy Foods

Dairy products contain calcium, Vitamin D and riboflavin. These help your body by building strong bones and teeth. They are in a medium sized section of the plate as we do not want to eat too much due to the fat content of some of these foods, however, they are a necessary part of our diet.

Milk



Cheese



Yoghurt



Fromage frais



The Eatwell Plate Fats and Sugars



Sugars occur naturally in food such as fruit and milk, but we don't need to cut down on these types of sugars. It is food containing added sugars that we should be cutting down on.

Sugar is added to many types of food, such as:

- Fizzy drinks and juice drinks
- Sweets and biscuits
- Jam
- Cakes, pastries and puddings
- Ice cream

Food and drinks containing lots of added sugars contain calories but often have few other nutrients, so we should try to eat these types of foods only occasionally.

Sugary foods and drinks can cause tooth decay, particularly if you have them between meals. This includes fruit juice and honey.

The sugars found naturally in whole fruit are less likely to cause tooth decay because the sugars are contained within the structure of the fruit. When fruit is juiced or blended, the sugars are released. Once released, these sugars can damage teeth, much like added sugars, especially if fruit juice is drunk frequently.

Fruit juice is still a healthy choice, and counts as one of the five portions of fruit and vegetables we should be having every day, but it is best to drink fruit juice at mealtimes.

Tips for cutting down

- Have fewer sugary drinks and snacks
- Instead of sugary fizzy drinks and juice drinks, go for water or unsweetened fruit juice (remember to dilute these for children). If you like fizzy drinks then try diluting fruit juice with sparkling water
- Instead of cakes or biscuits, try having a currant bun, scone or some malt loaf with low-fat spread
- If you take sugar in hot drinks, or add sugar to your breakfast cereal, gradually reduce the amount until you can cut it out altogether
- Rather than spreading jam, marmalade, syrup, treacle or honey on your toast, try a low-fat spread, sliced banana, or low-fat cream cheese instead
- Check food labels to help you pick the foods with less added sugar or go for the low-sugar version
- Try halving the sugar you use in your recipes. It works for most things except jam, meringues and ice cream
- Choose tins of fruit in juice rather than syrup
- Choose wholegrain breakfast cereals rather than those coated with sugar or honey

Fats, Sugar, Salts, Oils Group

The foods in the smallest section of the plate contain little or no nutrients for your body and you can easily survive without them. This is why it is the smallest part on the eatwell plate, to remind you that you should try not to eat too many foods from this group.



Don't Eat a lot of Group

Sugar is one of the worst things for your teeth and gums. It can also make people put on weight if they eat too many sweet things.

Look at the table below. It shows how much sugar is in many of the things you eat

A teaspoon is the spoon you would use to add sugar to tea or coffee

This is the size of the spoon used in the table below

You will be shocked to read how much sugar you might eat each day!

Type of food	Amount	Number of teaspoons of sugar
Chocolate digestive	1 biscuit	Almost 2 teaspoons
Milk chocolate	1 small bar	Almost 4 teaspoons
Dolly Mixtures	A small box	Almost 21 teaspoons
Fruit pastilles	1 tube	6 teaspoons
Mars Bar	1 bar	Almost 6 teaspoons
Coke	1 can	7 teaspoons
Orange squash	1 glass	Almost 3 teaspoons
Sugar Puffs	6 large spoons	2 teaspoons
Cornflakes	6 large spoons	Almost no sugar
Ice-cream	1 small block	9 teaspoons
Instant dessert	1 packet	Almost 11 teaspoons
Jelly	1 packet	Almost 19 teaspoons
Fruit yoghurt	1 carton	Almost 5 teaspoons
Tomato ketchup	3 teaspoons	Almost 1 teaspoon
Salad cream	3 teaspoons	Almost 1 teaspoon
Tin of tomato soup	1 can	1 teaspoon
Baked beans	1 can	2 teaspoons

As you can see the amount of sugar in some of our foods is scary!

From the list above, tick the foods you eat quite often. This will give you an idea of how much sugar you eat

Fatty and Sugary Foods



1 Complete the paragraph by filling in the missing words in the box below

high	sugar	crisps	smallest	dangerous
decay	energy	harmful	heart	fried foods

This is the s section of the Balanced Plate because we need to cut down the amount of food we eat from this section. If we eat too many of these foods it can be e r . . . to our health. We are advised to eat no more than 1 – 2 portions of fatty and sugary foods every day.

The foods in this section are high in fat and . u . . . The foods in this group are: butter, margarine, cooking oil, mayonnaise, cream, chocolate, c, biscuits, pastries, cakes, fizzy drinks, fried foods and sweets. There are 7 teaspoons of s in a can of Coke!!!

The main nutrient in the fatty foods is fat and in the sugary foods is . u . . . These nutrients give us e and help to keep us warm.

However, in Scotland we eat too many fatty and sugary foods. This kind of diet is h to our health because

- a) Too many fatty foods make you fat and can cause . . a . . disease in later life
- b) Too many sugary foods make you fat and cause your teeth to rot (tooth d)

2 Make a list in the table below of foods that are high in fat, high in sugar and both high in fat and sugar

Foods which are High in Fat	Foods which are High in Sugar	Foods which are High in both Fat and Sugar