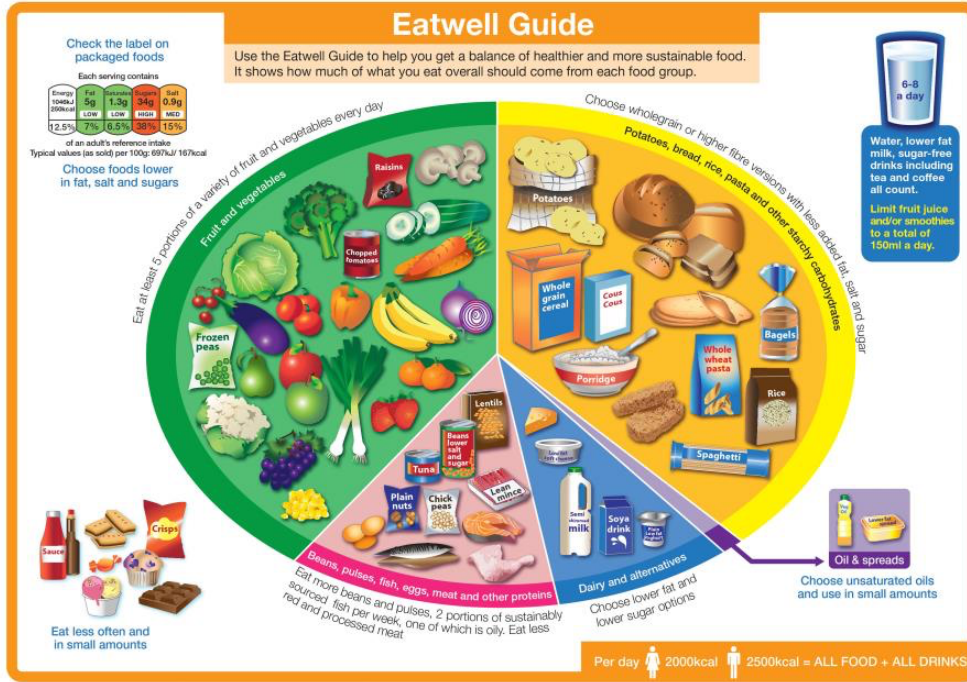


# KIRKCALDY HIGH SCHOOL

## Home Economics



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S2

## Healthy Eating & The Eatwell Guide Developing Practical Skills

Name .....

Class .....



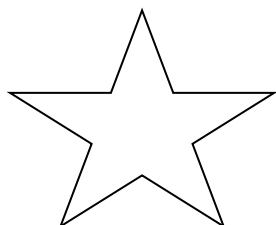
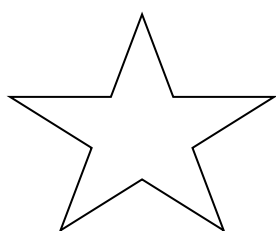
## Keeping Track of your Progress

As we work our way through this booklet it is important that we keep track of our progress. The table below shows the topics we will be covering during this unit.

By using traffic light colours you will be able to see how well you and your teacher feel you have done.

Topic	Pupil	Teacher
Understanding the Eight Tips of a Healthy Diet		
Explaining the Sections of the Eatwell Guide		
Creating your own Eatwell Guide		
Identifying and Classifying Vegetables		
Adapting Recipes to Contain More Vegetables		
Understanding Basic Nutrition		
Vitamin C in Our Diet		
Identifying Food Sources of Nutrients		

What went well (WWW) during this unit? What could have gone better (EBI)?



I wish I could improve.....

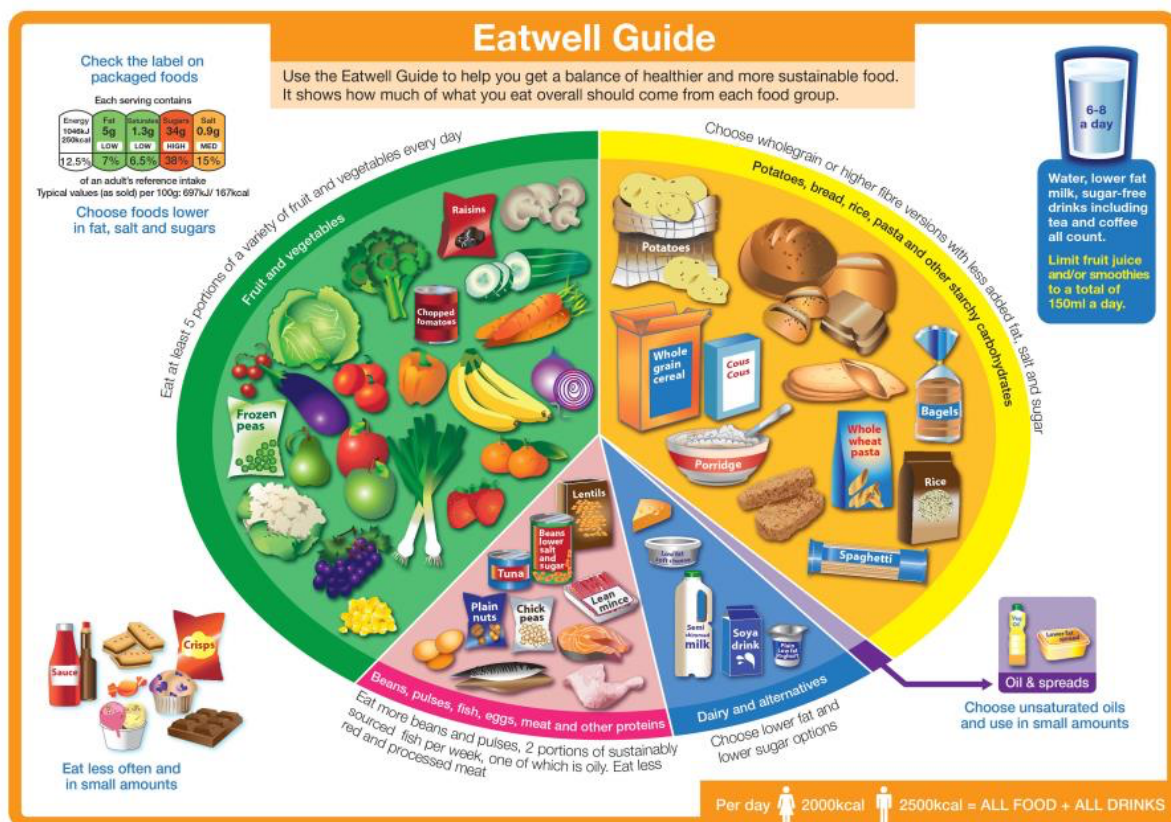
## Eight Tips for a Healthy Diet and the Eatwell Guide

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

If you want to eat a healthy diet, the following 8 tips can help you. They focus on practical steps you can take to make healthier choices, whether you're planning a meal, or picking up a snack.

1. Base your meals on starchy foods
2. Eat lots of fruit and vegetables
3. Eat more fish
4. Cut down on saturated fat and sugar
5. Try to eat less salt - no more than 6g a day
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. Don't skip breakfast

Look at the Eatwell Guide to see how much of your food should come from each food group.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## The Eatwell Guide Explained

If you want to get the balance of your diet right, use the "Eatwell Guide".

The Eatwell Guide makes healthy eating easier to understand by showing the types and proportions of foods we need to have a healthy and well balanced diet.

The Eatwell Guide shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks. So, try to eat:

- ☺ Eat at least 5 portions of fruit and vegetables every day
- ☺ Plenty of bread, rice, potatoes, pasta and other starchy foods - choosing wholegrain or higher fibre versions with less added fat, salt and sugar whenever you can
- ☺ Some milk and dairy foods choosing lower fat and lower sugar versions
- ☺ Some meat, fish, eggs, beans and other non-dairy sources of protein. Eating more pulses and 2 portions of sustainably sources fish every week, one of which should be oily. Red meat and processed meat should be reduced.
- ☺ Just a small amount of unsaturated fats and oils.
- ☺ Eat snacks high in saturated fats, salt and sugar in small amounts.
- ☺ Drink 6-8 glasses of water, lower fat milk, sugar-free drinks including tea and coffee. Fruit juices and/or smoothies should be limited to a total of 150ml per day.
- ☺ You don't need to get the balance right at every meal. But try to get it right over time such as a whole day or week.

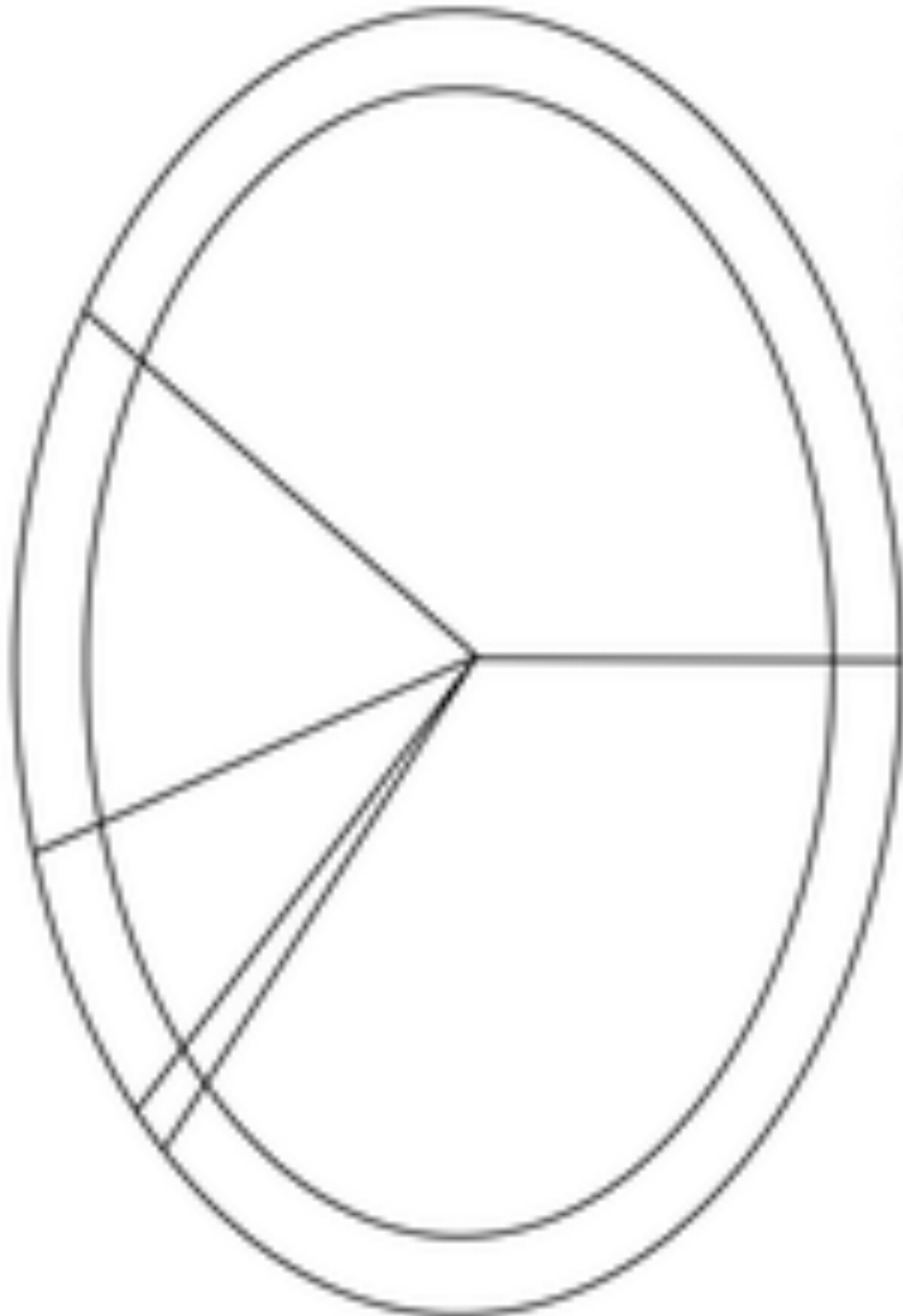
Try to choose options that are lower in fat, salt and sugar when you can.

### Activity

Research the Eatwell Guide in more detail. Then collect a variety of food and drink pictures. These can be found in newspapers, magazines and comics.

Use the pictures to create your own Eatwell Guide collage.

What does your diet look like? Fill in the Eatwell chart below with pictures and labels of what you eat on a regular basis. Let's see how balanced your diet is!



## Fruit and Vegetables

### Cross off -

- All citrus fruits
- Names of fruits and vegetables which are green and orange
- Names of fruits which are red
- Five methods of cooking vegetables
- Four methods of preserving fruits and vegetables
- Six places where fruits and vegetables can be grown

Apple      eat      steaming      raspberry      redcurrant  
stewing  
canning      five      strawberry      spinach      fruit      lemon  
drying      broccoli      and      lime      boiling      grapefruit  
tangerine      plant pot      peas      cabbage      orange  
stir fry  
vegetables      baking      a      orchard      container  
day  
to      greenhouse      keep      freezing      the  
garden      doctor      away      pickling      carrot  
farm

Write the secret sentence below

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## Fruit and Vegetables

Fruit and vegetables - fresh, frozen, canned or dried are all equally good for you.

Eat at least 5 portions of fruit and vegetables a day.

They contain fibre which helps keep the body regular and prevents constipation.

They contain vitamins and minerals which keep us healthy and free from disease.

A portion is.....

- 6 heaped \_\_\_\_\_ of cooked vegetables
- 1 small \_\_\_\_\_ of mixed salad
- 1 \_\_\_\_\_ of large fruit such as apples or pears
- 2 \_\_\_\_\_ fruits such as mandarins and plums
- 1 \_\_\_\_\_ of fruits such as grapes, raisins or strawberries
- 1 small \_\_\_\_\_ of 100% fruit juice

Smaller  
Handful

Glass  
Bowl

Spoonful  
Piece



## Adding Fruit and Vegetables

In the boxes below, write down a dish for each meal and how fruit and vegetables can be included in the dish.

### Breakfast

Name of dish:

Fruit and Vegetables used:

### Lunch

Name of dish:

Fruit and Vegetables used:

### Snack

Name of dish:

Fruit and Vegetables used:

### Evening Meal

Name of dish:

Fruit and Vegetables used:

How many portions of fruit and vegetables have you included in the above meal occasions?

\_\_\_\_\_ portions.

## Meat and Fish

- These foods are a good source of protein which we need for growth and repair of the body.
- Protein is also available in the bread and cereal group and the vegetable group
- This group also contains a lot of fat so we should avoid eating too much from it. 2-3 servings of each per day
- Fish and white meat have less fat than red meat

Write down some examples of each of these

Fish	White Meat	Red Meat

## Vegetarian sources of Protein

In groups, brainstorm other sources of protein

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## Milk and Dairy

Milk and dairy are the produce of animals

Give some examples of milk and dairy produce, use drawings as well as words. When finished, use the "healthy alternative" column to try to think of dairy foods that are healthiest. An example has been given

Dairy	Healthy alternative
Full fat cow's milk	Almond milk, skimmed milk, soya milk

Match up the statements and write them out

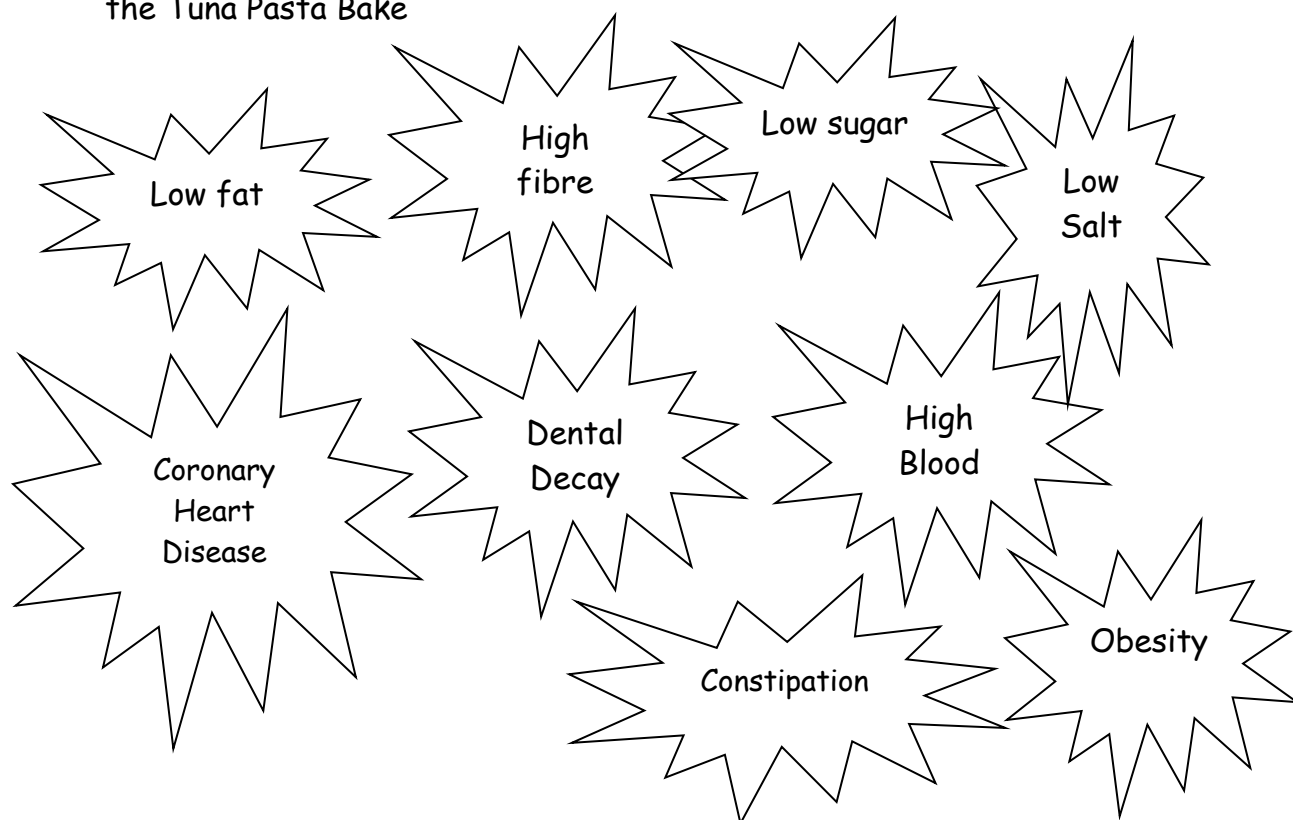
Try semi-skimmed	or low fat protein.
Choose low fat yoghurt	from meat.
Fromage Frais is virtually	sausages and burgers
Aim to eat fish	or skimmed milk.
Eat oily fish like salmon	skin from chicken.
Trim visible fat	once a week.
Don't eat too many	and sardines once a week.
Grill bacon	instead of frying it.
Trim	fat free.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_

## Tuna Pasta

Collect an A3 blank Eatwell Guide and an envelope containing the Tuna Pasta Bake ingredients.

- 1 Discuss the ingredients in Tuna Pasta Bake. Label the sections of the plate and put each ingredient into the correct section (use blu tac)
- 2 Use the following words and phrases to make up a TRUE sentence about the Tuna Pasta Bake



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- 3 Name two other ingredients which could be added to the Tuna Pasta Bake for extra flavour and / or colour?
- 4 Explain two ways to make the Tuna Pasta recipe even healthier

## Self Assessment TUNA PASTA BAKE

Hygiene/Safety	My Grade & comment(5)	Teacher Comment
<ul style="list-style-type: none"> <li>• apron</li> <li>• hands washed</li> <li>• oven gloves</li> <li>• CAYG</li> </ul>		
Weighing & Measuring	My Grade & comment (5)	
Give marks for all ingredients correctly weighed		
Final Product	My Grade & comment (5)	
<ul style="list-style-type: none"> <li>• Colour</li> <li>• Texture</li> <li>• Appearance</li> </ul>		
		Your mark is out of ___/ 15

**Look back at your first practical assessment.**

Have you improved?

**Extension tasks** - When you have completed the booklet you can choose any of the task below. There are blank pages at the end of your booklet to use for this. If you can think of your own task, check with your teacher first.

### **Extension task 1**

Create an information leaflet for primary aged children. Include what a healthy diet looks like and the "8 tips for healthy diet". Make it appealing to the age group and include pictures and examples of fun, tasty recipes. You can do this on a separate piece of paper.

### **Extension task 2**

Create an Eatwell guide using a blank template. This Eatwell guide should be suitable for vegans.

### **Extension task 3**

Design a menu for a brand-new restaurant. Include at least 3 starters, 3 mains, 3 deserts and 3 sides that are all healthy and delicious. Use a separate piece of paper and make the design appealing. Include information about each of the dishes and remember to include options for vegetarians.









