

N5 PC

Unit 3

Current Dietary Advice



Name: _____

Eight Tips for a Healthy Diet

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

Eatwell Guide

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.

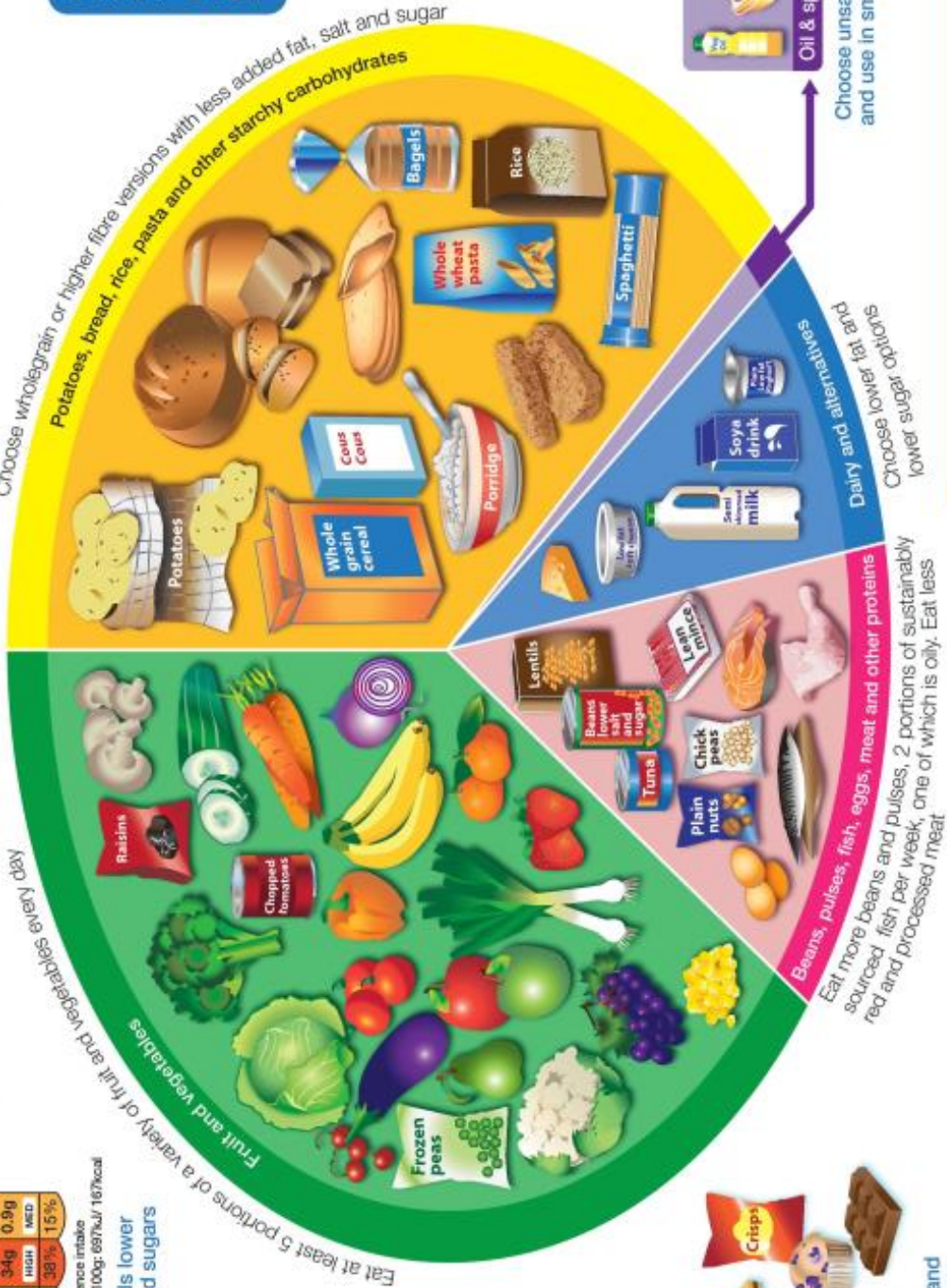
Check the label on packaged foods

Each serving contains

Energy 1000kJ 2000kJ	Fat 5g	Saturated fat 1.5g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	0.5%	38%	15%

Typical values (as sold) per 100g: 657kJ/167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts

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

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016

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.

Nutrients

All foods contain nutrients. It is the nutrients in our food which help to keep us healthy. Different foods contain different nutrients, that is why we should eat more of some and less of others.

Read the paragraph below then use the words in the box to fill in the blank spaces.

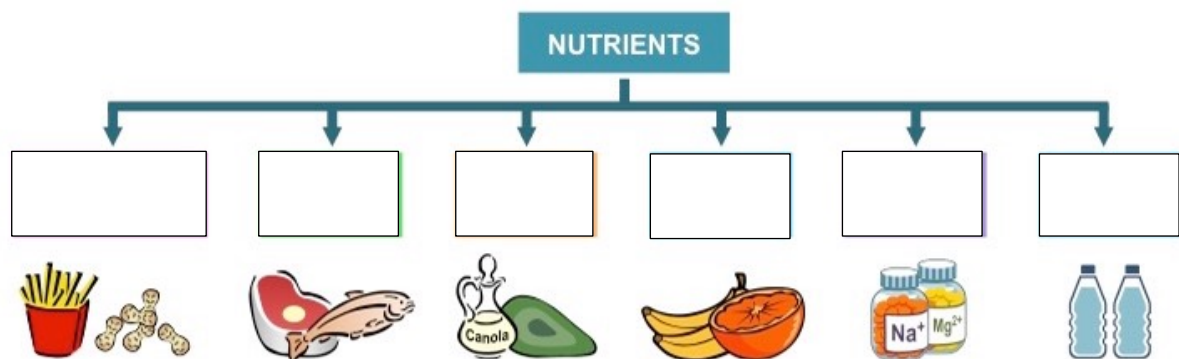
build warm healthy nutrients energy

N _____ are chemicals found in food. They help to b _____ and r _____ the body. They provide the body with e _____ and help to keep it w _____. They help the body to remain h _____.

It is important to know which foods contain which nutrients and what job each nutrient does so that we can choose the right foods to keep us healthy.

Activity

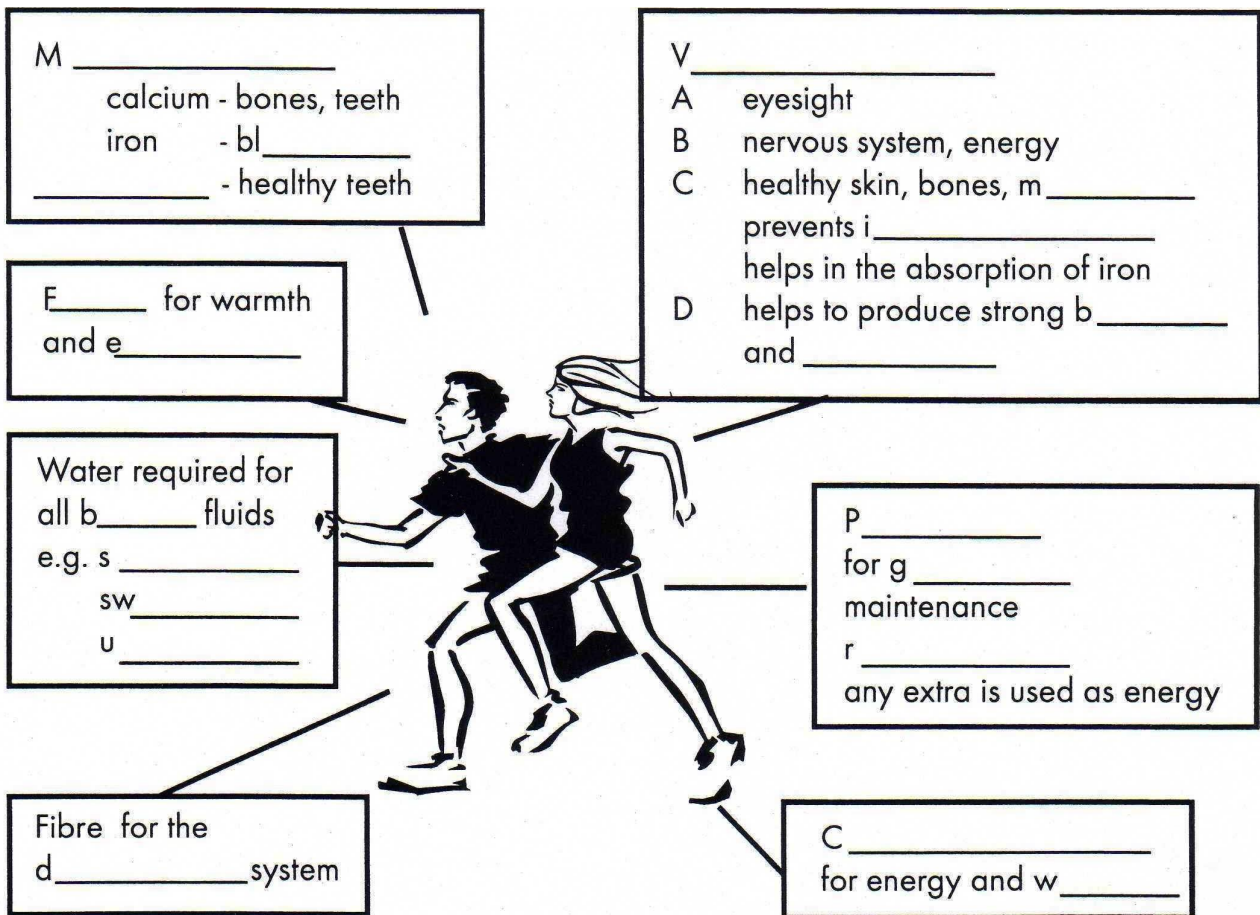
Can you name some nutrients provided by the foods we eat?



Use the words below to fill in the blank spaces.

protein	fluorine	fat
energy	repair	warmth
saliva	digestive	diet
growth	teeth	vitamins
blood	bones	muscles
infection	sweat	body
urine	minerals	carbohydrates

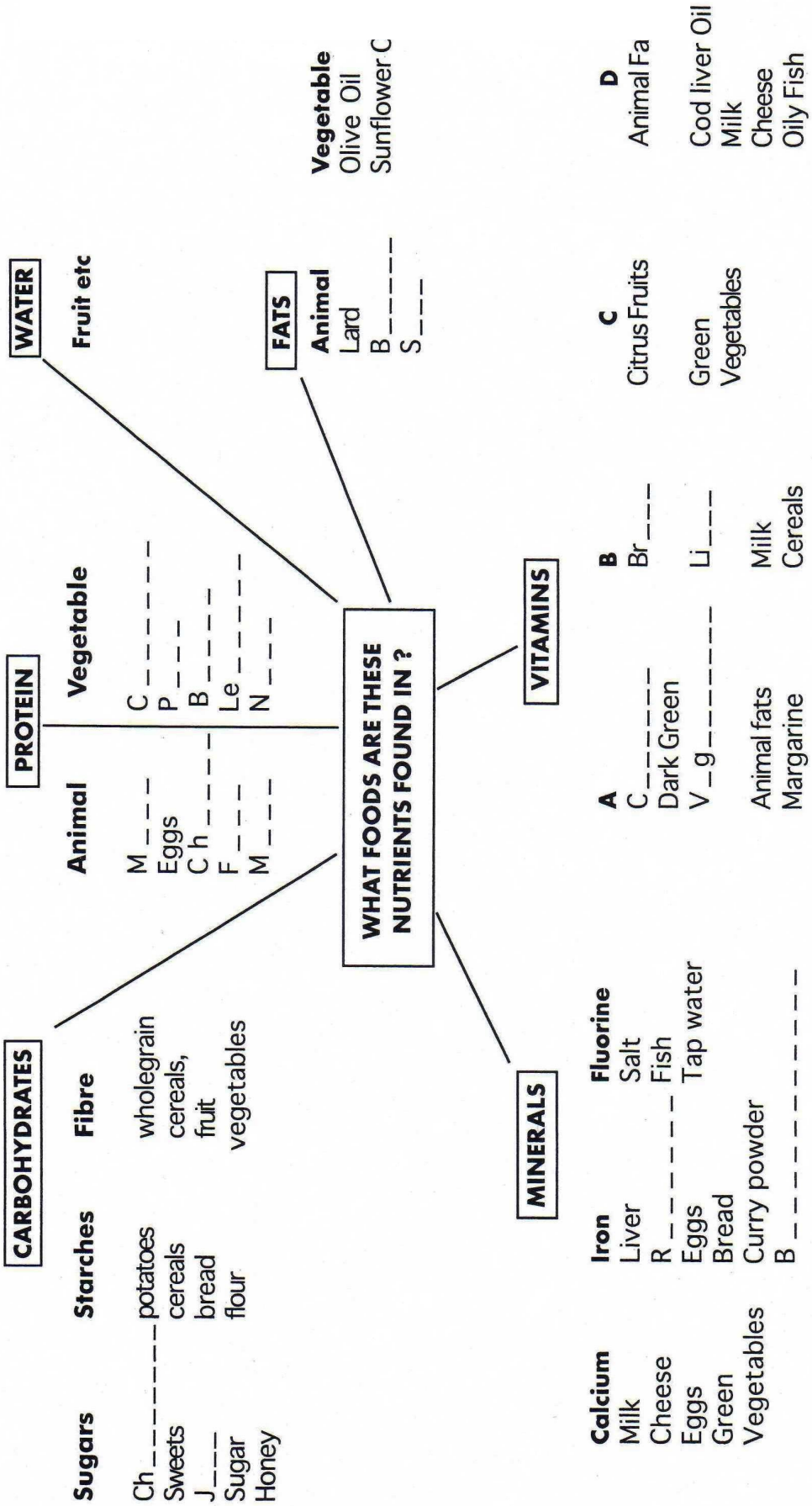
The food we choose to eat each day is known as our d_____.

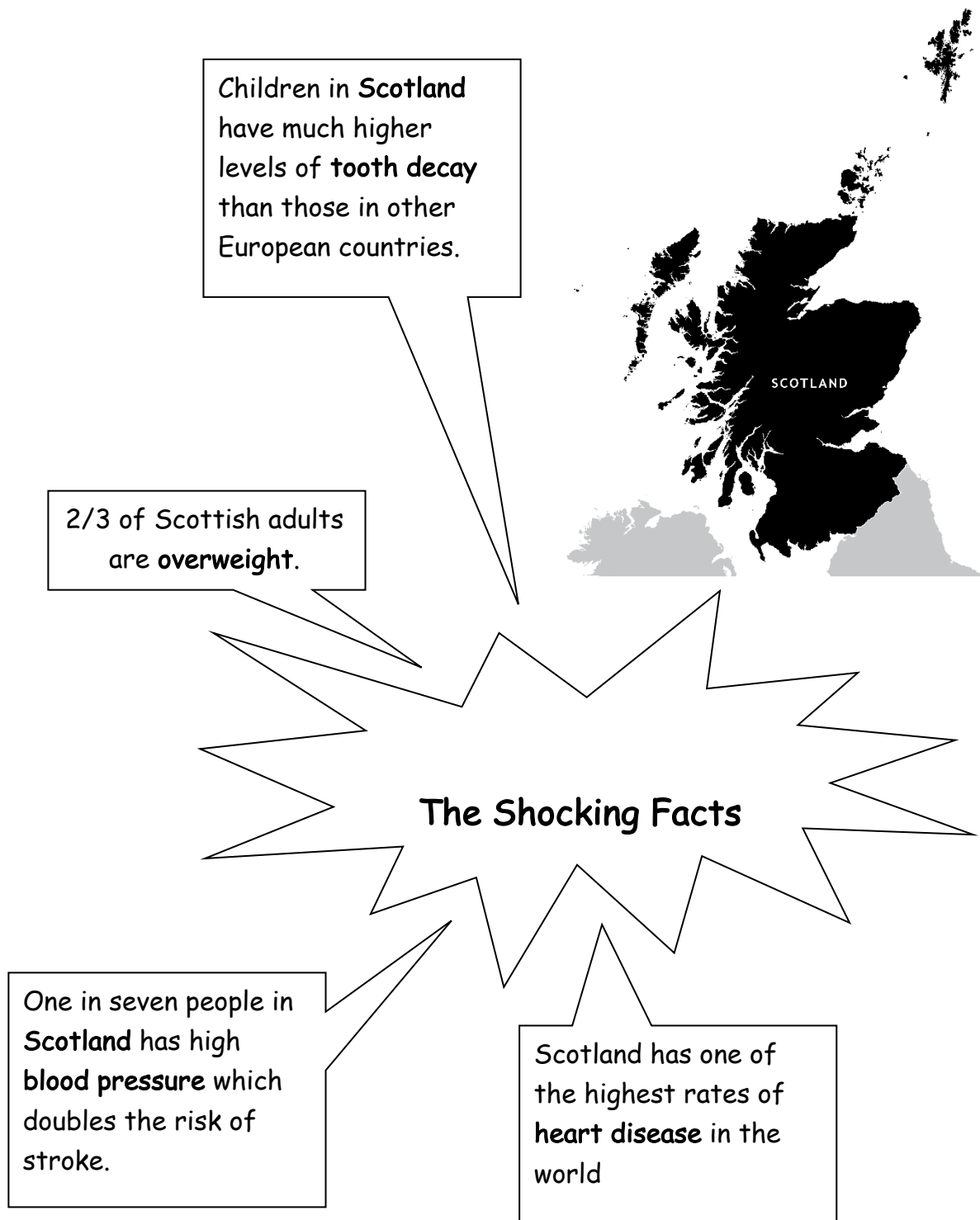


Sources of Nutrients

USE THE WORDS ON THE LIST BELOW TO FILL IN THE BLANK SPACES

- Cereals
- Liver
- Vegetables
- Cheese
- Milk
- Beans
- Jams
- Meat
- Fish
- Chocolate
- Lentils
- Butter
- Suet
- Peas
- Bread
- Nuts
- Carrots
- Red meat
- Black treacle





Scotland is not alone. The World Health Organisation (WHO) states in 2008 that there were more than 1.4 billion over weight adults (age +20) and of these 11% were obese. WHO estimated at least 40 million children under the age of 5 years were overweight in 2012.

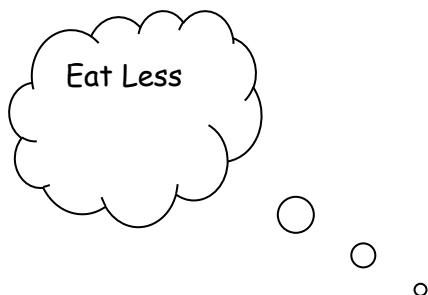
What are the Scottish Dietary Targets?

The Scottish Dietary Targets were introduced in 2005 try and help improve the health of Scotland as a nation. They aim to give people help and guidance to follow a healthy and nutritionally suitable diet. In turn this should lead to a reduction in the amount of people suffering from dietary related diseases.

The dietary targets can be divided in to two groups: Foods that we need to **EAT MORE** of and foods we need to **EAT LESS** of.

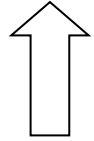
Activity - With your partner can you think of the foods we may need to eat less of?

REMEMBER! The foods we need to eat less of are the foods that cause us to become obese and suffer from dietary diseases such as high blood pressure.

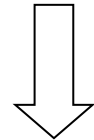


As already mentioned the dietary targets are split in to two groups

Foods we need to eat more of - These are classed as the dietary targets we need to increase.



Foods we need to eat less of - These are classed as the dietary targets we need to decrease.



The following pages will tell you all the information you need to know about the dietary targets. You will need to keep referring back to this throughout this unit.

For each target draw some examples of foods you could consume to help achieve it.

INCREASE - EAT MORE

Fruit and Vegetables

- Average intake to double to more than 400 grams per day.
- In 2001 the average intake was 259g increasing to 286g in 2010
- Eat at least 5 portions of fruit and vegetables per day.
- Eat more tinned, stewed or fresh fruit and vegetables.

Bread

- Intake to increase to eating 4-6 slices or 160g per day of which more than 77g should be wholemeal
- In 2001 the average intake was 18.2g increasing to 23g in 2010
- Intake to increase by mainly using wholemeal and wholegrain breads.

Breakfast Cereals

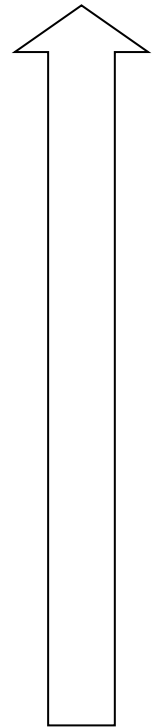
- Intake to double to 34 grams per day.
- Average intake to double per day.
- In 2001 the average intake was 19.6g increasing to 22g in 2010
- Eat more whole-wheat, low-sugar and high fibre breakfast cereals such as porridge, Weetabix and Shredded Wheat.

Total Complex Carbohydrates

- Intake to increase by 25% from present daily intake of 124 grams to 155g per day
- In 2001 the average intake was 146g increasing to 151g in 2010
- Increase through increased consumption of fruit and vegetables, bread, breakfast cereals, rice and pasta and through an increase in potato consumption.
- Eat more total complex carbohydrates such as potato, pasta and rice.

Oily Fish

- Intake to double from 44 grams to 88 grams per week.
- In 2001 the average intake was 29.2g decreasingly slightly to 28.3g in 2010
- White fish consumption to be maintained at current levels.
- Oily fish consumption to double per week.
- Eat more oily fish such as sardines, herring, mackerel and salmon.



DECREASE - EAT LESS

Fats

- Average intake of total fat to reduce from 40.7% to no more than 35% of total food energy.
- In 2001 the average intake was 38.8g decreasingly slightly to 28.7g in 2010
- Eat less saturated fat.* by reducing the intake to no more than 11% of total food energy. By 2010 the percentage had decreased to 15.0%

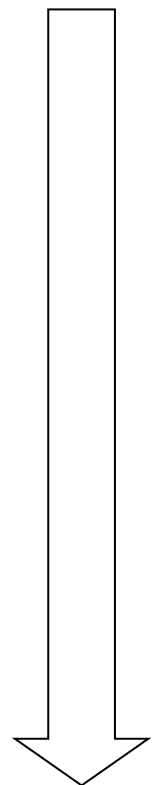
*Saturated fat is usually found in animal fats and in those fats which are solid at room temperature. There is good evidence that too many saturated fats can lead to *coronary heart disease*.

Salt

- Average intake to reduce from 163 mmol per day to 100 mmol per day (approx. 6g).
- Eat less salt.

Sugar

- Average intake of NME sugars in adults not to increase.
- Intake of NME sugars in children to reduce by half. (NME stands for non-milk extrinsic and they are sugars which are not normally present in a food but are added to it, for example, the sugar which is sprinkled over breakfast cereals or added to cakes and biscuits).
- NME sugars are sometimes 'hidden' in products such as canned vegetables, soups and pickles where you would not normally think that sugar would be present.
- Food manufacturers also add sugar to soft drinks, biscuits and desserts.



Scottish Dietary Target - Eat More Fruit & Vegetables

- Fruit and vegetables should make up just over a third of the food we eat each day.
- Aim to eat at least five portions of a variety of fruit and vegetables each day.
- Choose from fresh, frozen, canned, dried or juiced.
- They are low in **FAT**, **SALT** and **SUGAR** and high in **FIBRE**.

A portion is 80g or any of these:

- 1 apple, banana, pear, orange or other similar-size fruit;
- 3 heaped tablespoons of vegetables;
- a dessert bowl of salad;
- 30g of dried fruit
(counts as a maximum of one portion a day);
- 150ml glass of fruit juice or smoothie
(counts as a maximum of one portion a day).

Activity

What fruit and vegetables did you eat yesterday?

Activity

1. Use the words in the box to complete the following paragraph.

tinned
grow
fresh

frozen
target
healthy

minerals
vitamins
five

Fruit and vegetables can be bought in many ways.

They can be _____, _____ or _____. Many people also _____ their own fruit and vegetables. It is recommended we eat _____ portions of fruit and vegetables a day. By doing this we will be able to reach the _____ of 400g a day. Fruit and vegetables provide us with a range of _____ and _____ which help to keep our bodies _____.

2. What are the benefits of eating more fruit and vegetables?

3. Fill the table with 12 fruits and 12 vegetables that you know.

Fruit	Vegetables

4. Potatoes do not count as one of your "5 a day" as it contains a lot of S _ _ _ _ _

5. List some ways to increase your "5 a day" intake.



Scottish Dietary Target - Eat More Potatoes, Rice, Pasta and Other Starchy Carbohydrates

- Starchy food should make up just over a third of the food we eat.
- Choose higher-fibre, wholegrain varieties when you can by purchasing whole-wheat pasta, brown rice, or simply leaving the skins on potatoes.
- Base your meals around starchy carbohydrate foods:
- Start the day with a wholegrain breakfast cereal - choose one lower in salt and sugars;
- Have a sandwich for lunch;
- Round off the day with potatoes, pasta or rice as a base for your evening meal.

Why choose wholegrain?

Wholegrain food contains more fibre than white or refined starchy food, and often more of other nutrients. We also digest wholegrain food more slowly so it can help us feel full for longer.

Wholegrain food includes:

- wholemeal and wholegrain bread, pitta and chapatti;
- whole-wheat pasta;
- brown rice;
- whole grain breakfast cereals and whole oats.

Remember, you can also purchase high fibre white versions of bread and pasta which will help to increase your fibre intake.

Activity

1. Suggest some healthy ideas for including more rice, pasta and potatoes in your meals.

Rice

Pasta

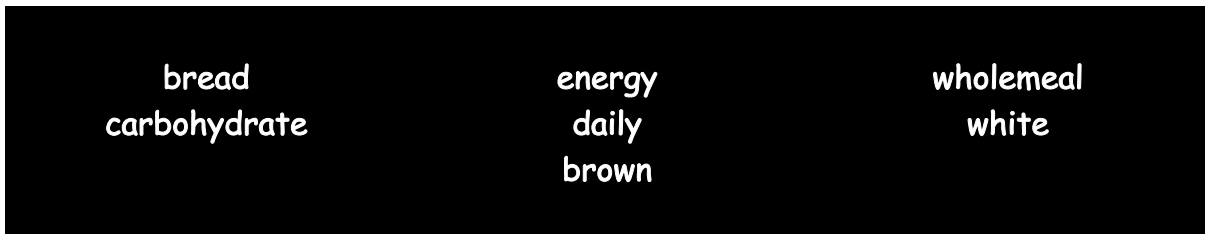
Potatoes

2. Why are chips an unhealthy way to eat potatoes?

Scottish Dietary Target - Eat More Bread

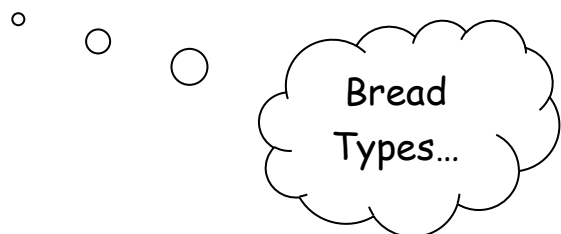
Activity

1. Use the words in the box below to complete the paragraph.



Most people eat _____ on a _____ basis. We should try to eat _____ or _____ bread rather than _____. These types of bread provide us with a good source of _____. This gives us _____ which helps us to keep going all day.

2. To help us reach our target of 4-6 slices (160g) of bread, there is a variety of breads we can consume. Come up with as many types of bread products as you can.



3. By increasing our intake of wholemeal bread we are increasing the NSP (fibre) in our diet. Describe the role of NSP (fibre) in our diet.

4. What may happen to our bodies if we don't have enough fibre in our diet?

5. Occasionally bread and cereals are "fortified" with extra vitamins. What does this mean?

6. **WAYS to INCREASE BREAD** content in the diet.

- Wholemeal bread should begin to replace _____ bread (e.g. in sandwiches).
- Bread can be used to make healthy _____ (e.g. bread pudding and summer fruit pudding).
- _____ for coating food can be made from wholemeal bread.



Scottish Dietary Target - Eat More Breakfast Cereals

How can this be done?

- Choose wholegrain, high-fibre versions of cereal which are low in sugar, salt and fat for breakfast.
- Breakfast cereals are also fortified with vitamins and minerals.
- Breakfast cereals can also be eaten as a snack or used in baking such as crumble toppings.

Activity

1. Find out how many of the class eat breakfast and complete the table.

Number of Pupils	Never eat breakfast	Sometimes eat breakfast	Always eat breakfast

2. Breakfast is the first meal of the day and it is often said that "it is the most important meal of the day". It is important that we eat breakfast because.

a.

b.

3. Write a menu for a healthy breakfast.

4. Why should breakfast be quick and easy to prepare?

Scottish Dietary Target - Eat More Complex Carbohydrates

What are complex carbohydrates?

Carbohydrates supply you with _____, which you need for all
_____. Excess carbohydrates will be stored as _____. Complex
carbohydrates are also known as _____. These are found in
_____, _____ and _____.

Many starchy foods contain _____ like _____ flour and cereals.
Fibre helps to prevent _____ and gives you the feeling of being
full.

activities	energy	bread
pasta	wholemeal	constipation
fibre	rice	fat
	starches	

WAYS to INCREASE TOTAL COMPLEX CARBOHYDRATE content of the diet.

- Use rice or pasta instead of chips.
- Home-made soups using grains and pulses can be used instead of packet soup.
- Wholemeal flour can be substituted for white flour.
- Wholegrain breakfast cereals should be used instead of sugar coated breakfast cereals.

Activity

Complete the following sentences to explain the benefits of increasing your complex carbohydrate intake

1. Low in f __ / s _____ so will prevent...
2. Provides protein needed for ...
3. Provides calcium required for development and maintenance of ...
4. Helps to create a feeling of 'fullness' so less likely to...
5. Contributes to requirements for NSP to prevent...

Scottish Dietary Target - Eat More Beans, Pulses, Fish, Eggs, Meat and Other Proteins

- These foods are sources of protein, vitamins and minerals, so it is important to eat some foods from this group.
- Beans, peas and lentils (which are all types of pulses, sometimes called 'legumes') are good alternatives to meat because they're naturally very low in fat, and they're high in fibre, protein and vitamins and minerals. Other vegetable-based sources of protein include tofu, bean curd and mycoprotein (Quorn)
- Aim for at least two portions (2 x 140g) of fish a week, including a portion of oily fish. Most people should be eating more fish, but there are recommended limits for oily fish, crab and some types of white fish due to **sustainably and environment issues**.
- Some types of meat are high in fat, particularly saturated fat. So when you're buying meat, remember that the type of cut or meat product you choose, and how you cook it, can make a big difference.
- If you eat more than 90g of red or processed meat per day, try to cut down to no more than 70g per day. The term processed meat includes sausages, bacon, cured meats and reformed meat products.

Scottish Dietary Target - Eat Less Oils and Spreads

- Although some fat in the diet is essential, generally we are eating too much saturated fat and need to reduce our consumption.
- Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, for example vegetable oil, rapeseed oil and olive oil.
- Swapping to unsaturated fats will help to reduce cholesterol in the blood, therefore it is important to get most of our fat from unsaturated oils.
- Choosing lower fat spreads, as opposed to butter, is a good way to reduce your saturated fat intake.
- Remember that all types of fat are high in energy and should be limited in the diet.

Activity

1. Use the words in the box below to complete the paragraph.

Fat plays an important role within our bodies. It helps to keep us _____.
_____ our vital organs and supply us with a concentrated source of
_____. However too much fat can also have a negative effect. If the
energy _____ isn't right then this may result in people
putting on _____.

protect
energy

weight

balance
warm

2. Saturated fats are mainly found from _____ fat.

3. Give three sources of animal fats:

- B _____
- L _____
- Red _____

4. Eating too many animal fats can raise the c _____ in our blood. This can cause c _____ h _____ d _____.

5. Some foods have fat we can see (visible), e.g. fat on bacon. Some foods have invisible fat, e.g. pastry. Name two other invisible fats:

-
-

6. List any foods that you have eaten in the past day which are high in fat? What alternatives could you have chosen?

Food High in Fat	Alternatives

7. By trying to follow the dietary targets, I could eat less fat by:

-
-
-
-

Scottish Dietary Target - Eat Less Foods High in Sugars

- This includes products such as chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice cream.
- These foods are not needed in the diet. If they are included, have infrequently and in small amounts.
- If you consume these foods and drinks often, try to limit their consumption so you have them less often and in smaller amounts. Food and drinks high in sugar contain lots of energy, particularly when you have large servings.
- Check the label and avoid foods which are high in sugar!

What are NME sugars?

- NME stands for Non-milk Extrinsic sugars and are sugars which are not normally present in food but are added to it to make it sweeter.
- An example of this would be sugar added to cakes and biscuits.
- One way that people could reduce their intake of NME sugar is by monitoring the amount of sugar they consume in the form of drinks.

Activity

1. Why should we eat less sugar?

-
-

2. List some foods that are high in sugar.

-
-
-
-

3. Look at the foods on display and list them under the correct headings.

Added Sugar	No Added Sugar

4. Think about the current dietary advice. Write down four snacks you could eat instead of sweets.

-
-
-
-

Scottish Dietary Target - Eat Less Foods High in Salt

- These foods are not needed in the diet. If they are included, have infrequently and in small amounts.
- If you consume these foods often, try to limit their consumption so you have them less often and in smaller amounts.
- Check the label and avoid foods which are high in salt!

Salt increases our blood pressure.

Raised blood pressure (hypertension) is a major factor, which causes strokes, heart failure and heart attacks, the leading causes of death and disability in the UK.

Small amounts of salt are essential for our health. Adults need less than 1 gram per day and children need even less.

As a nation we are all eating approximately 8.1g of salt per day, far more than we need and more than the recommended maximum of 6g per day, putting us at risk of all of these health problems.

Activity

1. Look at the foods on display and list them under the correct heading

Foods High in Salt	Foods Low in Salt

2. How can you cut down on salt in your diet?

-
-
-
-
-
-

3. Using the available resources to design and make a leaflet or poster to teach people about the problems too much salt in your diet can cause.

You must include the following points...

- How much salt we should be having.
- Why our body needs salt.
- What can go wrong if we have too much.
- Ways to reduce salt intake