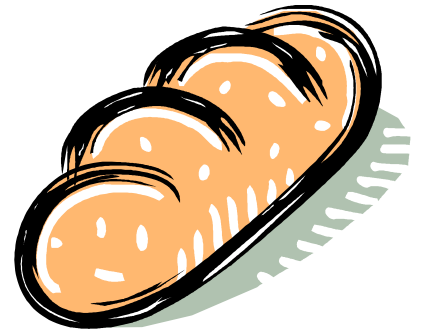
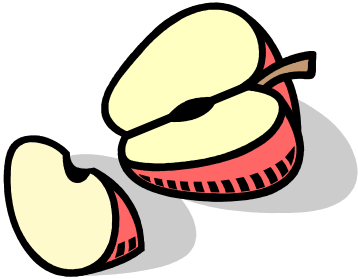


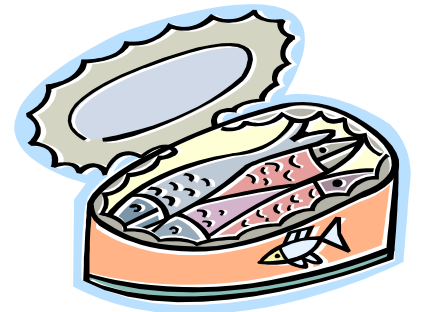
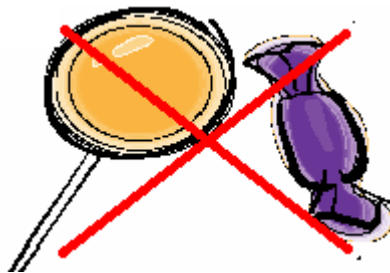
# S3 Dietary Goals

Name: \_\_\_\_\_

Class: \_\_\_\_\_



## Dietary Goals for Scotland



By the end of this unit you should be able to:

- List the revised dietary goals.
- Describe practical ways of meeting the goals.
- Explain the benefits of meeting the goals.
- Prepare and cook products that help meet the goals

# DIETARY GOALS

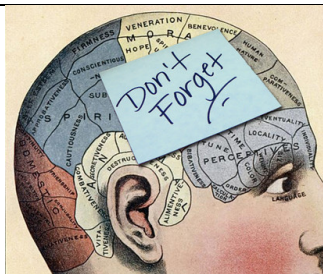
The Scottish Government have issued a set of guidelines that should help improve the health of the nation. These guidelines are called “goals” and they show how our diet needs to change to reduce obesity and other diet-related diseases.



<b>Dietary Goal Linked to:</b>	<b>overview</b>	<b>detail</b>
Calories	Eat less calories	Each person should reduce the amount of calories eaten per day by cutting down the amount of fatty and sugary foods and by replacing them with starchy carbohydrates (like bread, pasta, rice and potatoes) and fruit and vegetables.
Fruit and vegetables	Eat more fruit and vegetables	Each person should reach at least 5 portions per day, which is more than 400g per day.
Oily fish	Eat more oily fish	Each person should aim to have at least one portion every week (140g).
Red meat	Do not increase the amount of red meat and processed meats eaten	Each person should have only around 70g of red meat every day. Care should be taken to limit the amount of cooked meats and bacon.
Fats	Eat less fat	Each person should reduce the amount of total fat and saturated fat eaten. We should reduce the amount of trans fatty acids (found in cakes, cookies and pies)
sugar	Eat less sugar	Each person should eat less food products with added sugar (caster sugar, granulated sugar, glucose) Care should be taken to control the amount of honey and fruit juice.
Salt	Eat less salt	Each person should have no more than 6g per day.
fibre	Eat more fibre	Each person (11-16 years old) should aim to eat around 25g per day by eating more wholegrains, pulses (peas, beans, lentils) and vegetables.
Total carbohydrate	Eat more total carbohydrate	Each person should make sure that around half of their food energy comes from total carbohydrates, so this means eating a lot less sugar.

## Introduction Task

To help you remember the goals when you are planning your meals and snacks, your task is now to complete the missing words in the table below. Use the detail from the table on the previous page to help you. Can you complete some of it from memory?



Dietary Goal Linked to:	overview	detail
Calories	Eat _____ calories	Each person should _____ the amount of calories eaten per day by cutting down the amount of _____ and _____ foods and by replacing them with starchy _____ (like bread, pasta, rice and potatoes) and fruit and vegetables.
Fruit and vegetables	Eat more _____ and vegetables	Each person should reach at least 5 _____ per day, which is more than _____ per day.
Oily fish	Eat more oily _____	Each person should aim to have at least _____ portion every week (140g).
Red meat	Do not increase the amount of red meat and _____ meats eaten	Each person should have only around _____ of red meat every _____. Care should be taken to limit the amount of cooked meats and _____
Fats	Eat _____ fat	Each person should reduce the amount of _____ fat and _____ fat eaten. We should reduce the amount of trans fatty acids (found in cakes, _____ and pies)
sugar	Eat less _____	Each person should eat less food products with added _____ (caster sugar, granulated sugar, glucose) Care should be taken to control the amount of _____ and fruit juice.
Salt	_____ less salt	Each person should have no more than 6g per _____.
fibre	Eat _____ fibre	Each person (11-16 years old) should aim to eat around _____ per day by eating more wholegrains, _____ (peas, beans, lentils) and vegetables.
Total carbohydrate	Eat more total _____	Each person should make sure that around _____ of their food energy comes from total carbohydrates, so this means eating a lot _____ sugar.

In the following pages you will find several ways to meet the goals and also learn the benefits to health.

## FRUIT AND VEGETABLES GOAL

### WAYS to INCREASE VEGETABLES

- A variety of salads can be added as a side for each meal e.g. coleslaw or tomato salsa
- Vegetables can be cut tiny and included into stews and casseroles, including Bolognese sauce or curry
- Extra vegetables can be added to soups.
- Some vegetables can be used to make healthy drinks as alternatives to sugary fizzy drinks e.g. freshly made fruit juice with apples with added carrot and cucumber.
- Some vegetables (e.g. carrots, cucumber and celery) can be eaten as snacks.

### WAYS to INCREASE FRUIT

- Fruit can be eaten as a snack.
- Soft fruit can be put on skewers to make fruit kebabs
- Fresh fruit juice can be used instead of sugary fizzy drinks.
- Fruits can be added to many baked products (e.g. flapjacks, muffins).
- Fruits can be added to breakfast cereal e.g. strawberries or bananas.
- Fruits can be added to savoury dishes e.g. mango in a curry or fresh orange pieces in a salad.

You will now have a class discussion about all of the different fruits and vegetables available. Your teacher will write these on the whiteboard. This will help you to complete the next task.



**Task 1:** Complete the following table by listing some meals, snacks and drinks that are currently in your diet – pick ones that don't help meet the fruit and vegetable goal. Then make changes to help meet the goal. Please make sure the changes you make are actually something you are willing to try!

CURRENT MEAL, SNACK OR DRINK	HEALTHY ALTERNATIVE WITH MORE FRUIT / VEGETABLES



**BENEFITS of INCREASING FRUIT and VEGETABLES.**

- Adds fibre, so can help prevent constipation and bowel cancers.
- Low fat content so should not cause weight gain or obesity.
- Supplies ACE vitamins which can help prevent cancers and Coronary Heart Disease.
- Supplies Vitamin C which is needed to fight infection and heal wounds.
- Supplies Vitamin A which is needed for good night vision and healthy skin.



**Task 2:** Imagine you own your own fruit smoothie company and have been asked to make a 30 second speech to encourage young people to buy your product. You need to include health benefits. A 30 second speech should have 50 - 80 words in it – depending on how fast you talk! What would you say? Be ready to report back to the class!

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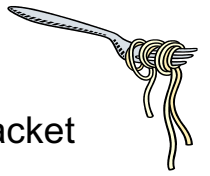
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# FIBRE GOAL

## WAYS to INCREASE FIBRE



- 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.
- Wholemeal bread should begin to replace white bread (e.g. in sandwiches).
- Breadcrumbs for coating food can be made from wholemeal bread/ crushed breakfast cereal.
- Use oats in desserts e.g. crumbles and also when making biscuits.



## BENEFITS of INCREASED FIBRE

- Low in fat & sugar so should not cause excess weight gain. This could help prevent CHD and type 2 diabetes in later life.
- Helps prevent constipation / bowel disorders / bowel cancers.
- Helps to create a feeling of 'fullness' so less likely to snack on high fat & sugar.

**Task 3: If you feel fuller for longer, you are less likely to need the sugary & fatty snacks like crisps and chocolate. Can you explain why this is good?**

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# OILY FISH GOAL




## WAYS to INCREASE OILY FISH

- Oily fish like salmon, trout, tuna and mackerel can be used to replace some meats in certain dishes (e.g. stir-fry, fish burgers and risotto).
- Oily fish can be used in a wide range of products (e.g. as a filling for pitta bread, or pizza topping).
- Fish can be used as a starter (e.g. mackerel pâté, smoked salmon.)

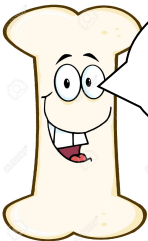
## BENEFITS of INCREASED OILY FISH

- Contain essential fatty acids, which help prevent Coronary Heart Disease (CHD).
- Contains Vitamin D, so helps to prevent rickets and osteoporosis.
- Provides protein needed for growth, repair and maintenance of body tissues.
- Fish oils (Omega-3) may help prevent blood clots and will help keep heart cells and membranes healthy and this can prevent heart disease.

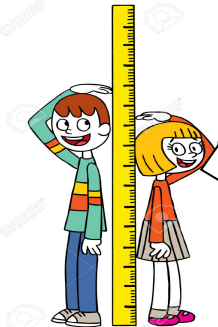


Prevents.....  
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**Task 4** : look at the benefits of eating more oily fish and complete the sentences in the in the correct call-out



Prevents.....  
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Needed.....  
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# SALT GOAL



## WAYS to REDUCE SALT in the diet.

- Reduce the amount of salt added during cooking and do not add salt at the table.
- Use herbs and spices to season rather than salt.
- Use stock cubes and soy sauce sparingly as they have added salt.
- Use low salt products if available (there are salt alternatives available in all supermarkets).

## BENEFITS of REDUCED SALT

- High intake of salt is linked to higher risk of high blood pressure, heart disease and stroke.

Here are just a few “high salt” food items that a teenager could eat in 1 day.

**Task 5:** Add the amounts of salt together to get a total salt amount.

Food item	Amount of salt per pack/portion
1 bag Cheese and onion crisps	0.5g
30g (slice) cheddar cheese	0.6g
2 rashers bacon	3.8g
2 slice white bread	3.0g
1 cuppa soup	2.9g
½ pepperoni pizza	2.8g
½ medium bag tortilla chips	0.8g
Total salt	

## Task 6:

Can you remember what the goal was for salt per day?.....

Is the total salt in the table above higher or lower than the dietary goal?.....

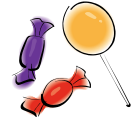
All of the above items have been manufactured in a factory or takeaway food outlet, so this means they are processed. Can you list some processed foods that you could cut down on to help reach the salt goal.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

# SUGAR GOAL

## WAYS to REDUCE SUGAR

- Reduce the amount of sugar used in recipes.
- Limit the amount of sugary drinks or even replace them with water.
- Fruit canned in natural juice is better than fruit canned in syrup.
- Eat fruit as a snack rather than sweets, cakes or biscuits.



## BENEFITS of REDUCED SUGAR.

- High sugar intake linked to weight gain and obesity. Obesity can be linked to high blood pressure.
- High sugar intake is linked to dental decay.
- High sugar intake is linked to type 2 diabetes.

**TASK 7:** The following statements describe how sugar harms your teeth. Can you put them in the correct order by drawing an arrow from the left side to the right side. The first one has been done for you.

1	The tooth becomes sensitive and painful
2	The sugar produces acid
3	The enamel gets weakened or destroyed
4	Bacteria in the mouth feeds on the sugar
5	Cavities happen
6	The acids attacks tooth enamel

An illustration of two skewers of fruit. One skewer has a strawberry, an orange slice, a kiwi slice, and a pineapple slice. The other skewer has a strawberry, an orange slice, a kiwi slice, and a pineapple slice.

# FAT GOAL

## WAYS to REDUCE FAT.



- Choose lean (low fat) cuts of meat or trim visible fat from meat.
- Use low fat products (e.g. low fat cheese, yoghurt and salad dressing).
- Prevent adding additional fat to food (e.g. glazing vegetables with butter).
- Fat should be skimmed from gravies, soups, stews and mince after cooking.
- Switch from red meat to white meat – sometimes.
- Grill rather than fry

## BENEFITS of REDUCED FAT.

- To reduce the risk of certain cancers like bowel cancer, breast cancer, prostate cancer and pancreatic cancer.
- To reduce cholesterol levels that can clog the arteries and cause coronary heart disease.
- To help keep a healthy weight and control weight gain. Obesity can be linked to high blood pressure (hypertension).

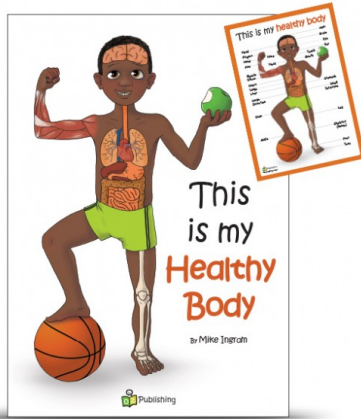
**TASK 8:** Look at the table below and work out how you could change the foods to reduce the amount of fat.

Typical food	Reduced fat option
Fried rice	
Full fat crisps	
Takeaway pizza	
Chocolate biscuits	
Whole milk (blue top)	
Fried chips	
donuts	
Ice-cream	
Pies/sausage rolls	



# CALORIES AND TOTAL CARBOHYDRATE GOALS

The best way to eat if you want to prevent episodes of tiredness throughout the day is to have a healthy balanced diet. This means eating foods from the main food groups in the correct proportions. This will also help you maintain a healthy weight and will reduce the likelihood of the diet-related conditions linked to too many energy giving foods. This means we should control the amount of fatty foods and sugary foods in our diet.



**TASK 9:** Fill in the missing letters to remind yourself of these diet-related conditions. You should look back through this booklet to jog your memory.

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\_ Y \_ \_ \_      D \_ A \_ \_ T \_ \_

\_ \_ \_ \_ \_      \_ \_ O \_ \_      \_ \_ \_ \_ \_ \_ \_ \_ \_


# RED MEAT GOAL

Many worldwide cancer research institutes have found a link between eating too much processed meats (e.g. hotdogs, sausages, pepperoni, bacon and cooked ham) and **cancer**. This could be because many chemical substances are used during the manufacturing stages. There is strong evidence that these can damage cells in our body, leading to the development of cancer. It is recommended that if you eat more than 90g of processed meats per day then you should cut this down to around 70g. Each of the items in the diagram below are **over** 90g each.

**HOW MUCH IS TOO MUCH?**  
Daily approximate amounts of foods that will raise your health risks by 18%:

**1 1/4 HOT DOGS** 

OR

**6 THIN SLICES OF HAM** 

OR

**2 2/3 SLICES OF BACON** 

SOURCES: International Agency for Cancer Research; USA TODAY research  
George Petras and Jim Sargent, USA TODAY

Here are some unprocessed protein foods: home-made meatballs, eggs, home-made chicken burger, grilled chicken, pork chop, steak, lean-beef mince, beans, peas, lentils, nuts.

**Task 10: Class/group discussion.** Can you think of 2 pieces of practical advice you would give a teenager who is eating too much processed meat?

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**ADDITIONAL TASK: MAKE A WEEKLY MENU FOR A TEENAGER THAT HAS CONTROLLED AMOUNTS OF RED MEAT AND PROCESSED MEAT IN IT. DO THIS ON A SEPARATE SHEET OF PAPER.**

**EXTENSION TASK**

Make an acrostic poem that contains advice as to how to meet the goals and the benefit of meeting the goals? Try to include every goal.

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A lways try to eat wholemeal bread rather than white

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L ess processed meat could mean less cancer

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