

Food Preparation and Nutrition



REVISION BOOKLET 1 DIET AND GOOD HEALTH

Name:
Tutor Group:

Keywords

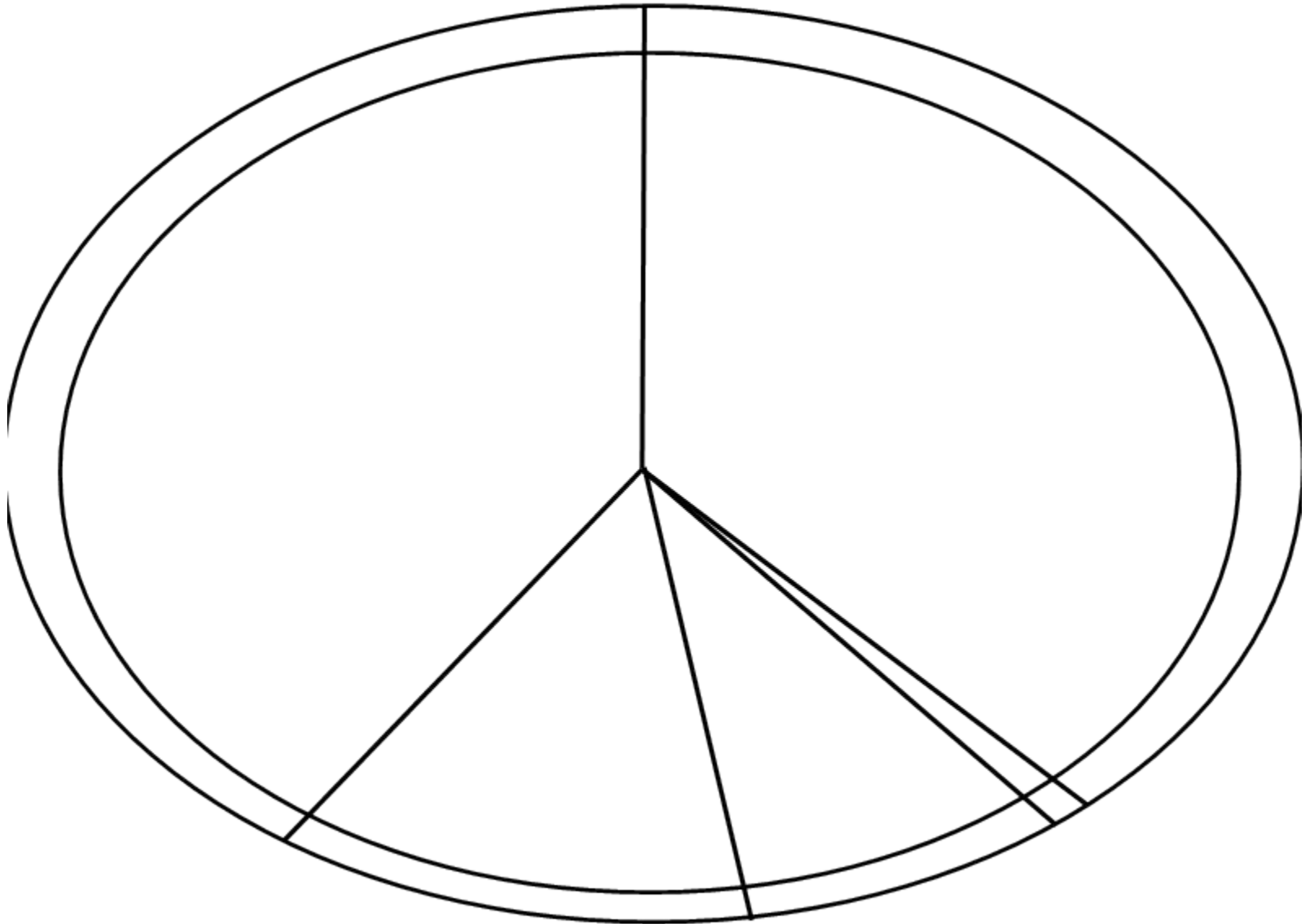
Complete the table below with an overview of the keywords for diet and good health.

Nutritional Needs		Energy	
Keyword	Definition	Keyword	Definition
Eatwell Guide		Basal Metabolic Rate (BMR)	
Colostrum		Physical Activity Level (PAL)	
Puberty		Estimated Average Requirements (EARs)	
Menstruation		Energy Density	
Iron-Deficiency Anaemia		Reference Intake	
Foetus		Body Mass Index (BMI)	
Osteoporosis			

Eatwell Guide

The Eatwell Guide shows the proportions of food groups that should be eaten daily in a well-balanced diet.

Label the sections of the guide correctly and give **five** examples of foods from each section.



Current Guidelines for a Healthy Diet

Nutritional needs change throughout life, but everyone needs to consider the current healthy eating guidelines when planning meals.

Explain the benefits of following the Eatwell Plate guidelines:

Explain the meaning of a 'healthy balanced diet':

Explain the following terms:

Undernutrition	
Overnutrition	
Malnutrition	

Government Guidelines for Healthy Eating

These consist of 8 tips.

Find out what they are and explain why they are important to follow:

1	
2	
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8	

Nutritional Needs Throughout Life

Before planning any menus, the first considerations need to be:

WHO is going to eat the meal

WHEN it is going to be eaten

WHERE it is going to be eaten

WHAT is going to be eaten

After the above considerations have been decided, detailed nutritional considerations will help plan the menu.

For each target group, list the personal nutritional requirements:

Babies	Toddlers	Children
Teenagers	Pregnancy	Older People

Healthy Lunchboxes

Lucy is six years old, she takes a packed lunch to school every day. Lucy's mum wants to provide healthy meals for Lucy.

Would you consider the following packed lunches to be healthy options? List the reasons for your answer.

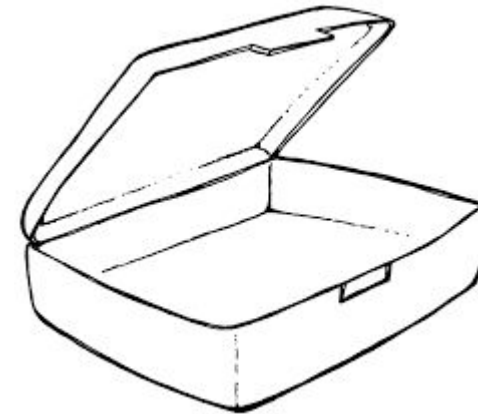
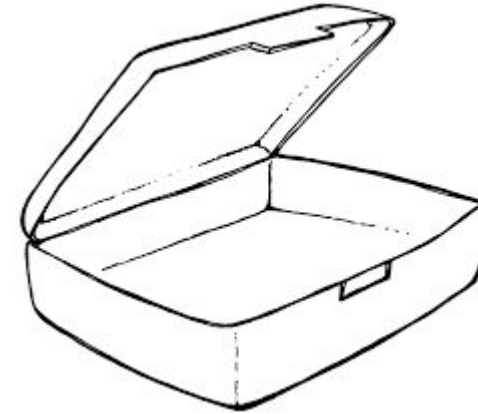
Cheese sandwich in white bread, packet of crisps, can of diet fizzy lemon and an orange.

Chocolate spread in wholemeal bread, orange squash and an apple.

Beef sandwich made with white bread, packet of crisps, can of diet cola and a small bag of grapes.

Meal Planning

Plan two suitable meals for Lucy. Give reasons for your choices.



Food Choices: Key Words

Keyword	Definition
Kosher	
Halal	
Vegetarian	
Ovo-Lacto Vegetarian	
Vegan	
Lacto-Vegetarian	
Ethical	
Diabetes	
Coeliac	
Malnutrition	
Lactose Intolerance	
Allergy	
Anaphylaxis	

Diet-Related Medical Conditions

Some health conditions may be diet related and may be specifically associated with a poor diet. Other health conditions can be hereditary but controlled by special diets.

Complete the table below with information about each diet-related medical condition, including tips and advice on what people with these conditions should consume and what they should avoid.

Coeliac Disease	Iron Deficiency Anaemia	Diabetes
Cardiovascular Disease	Obesity	Bone Health and Dental Health

Medical Diets

There are several medical reasons which cause people to avoid certain foods.

For each, suggest how you would adapt the following menu:

Starter

Cream of chicken soup, roll and butter

Main Course

Beef casserole, dumplings, mashed potato, and peas

Dessert

Chocolate fudge pudding with chocolate sauce

Medical Need	Description	Adaptation
Diabetes	Body cannot control sugar levels so sweet sugary foods need to be avoided	
Allergies	Main allergies are nut related and not only must nuts and products made with nuts be avoided, but products made in the same area as nuts should also be avoided	
Intolerances	Some people cannot digest wheat (coeliac) and need a gluten free diet (gluten is found in wheat). Some people cannot digest lactose found in dairy products such as milk, cheese, butter and products containing milk powder	
Low Fat	Often required to lose weight or reduce cholesterol. Obesity is a cause for Government concern due to a dramatic increase in people being classed as obese. People with a Body Mass Index (BMI) of more than 30 fall into this category	
Low Salt	Often related to high blood pressure and they should avoid processed foods	

Allergies and Intolerances	
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The UK Food Information Regulations 2014 came into force when the EU listed 14 allergens that need to be identified when they are used as ingredients in a dish.

A food allergy involves an auto immune response. A food intolerance is a term applied to a range of adverse responses to certain foods and does not involve an immune system response. There is no cure for a food allergy. The only way people with allergies can stay safe is by avoiding foods they are allergic to.

Below, list symptoms of a food allergy and a food intolerance.

Food Allergy	Food Intolerance

The 14 Allergens

The 14 ALLERGENS



Celery



Cereals containing
Gluten



Crustaceans



Egg



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



Soya



Sulphites

Religious Diets

People choose to eat or avoid certain foods depending on their religious belief. Some beliefs have been followed for centuries and are well established as part of life.

Match the religion to the description.

BUDDHIST	HINDUS	CHRISTIANS	SIKHS	MUSLIMS	JEWES	SEVENTH DAY ADVENTISTS	RASTAFARIANS
The cow is a sacred animal and cannot be eaten. Strict followers are vegetation. They do not eat beef or any beef products and all flesh except lamb, chicken and fish is prohibited. Milk is permitted as no animal is killed during the collection. Some observe fasting on special occasions as a mark of respect to personal Gods or as part of their penance.	They do not have any restriction, but some denominations only eat fish on Fridays. Meat is not allowed on Ash Wednesday, Good Friday and all Fridays in Lent. Animal products such as fat, eggs, dairy and broth are permissible, as is fish. Fasts from solid food on Ash Wednesday and Good Friday are required of strict followers between the ages of 18 and 59.	Food must be kosher, meaning slaughtered according to strict laws. Animals have a completely split hoof and chew cud e.g. cows, goats and sheep. Horses and pigs are not kosher animals. Pork, birds of prey, eels, fish without scales are forbidden. Meat must not be cooked or eaten with dairy products because they do not eat mother and child together- so chicken and egg together are not allowed.	Food must be halal (lawful) which means animals are killed according to law. Pork, fish without scales, shellfish and alcohol is forbidden. The Qur'an outlines halal, the foods which can be eaten, and haram, foods which are forbidden. Halal meat is killed in the same way as kosher.				
Many are vegetarian, as the religion preaches against killing. They believe they should not be responsible for the deal of any other living organism. Some also avoid garlic and onions as they believe it makes meditation more difficult. All avoid alcohol.	Most will only eat Ital foods, which are seen as natural or pure, without the addition of artificial colours, flavourings or preservatives. Many are vegetarian or vegans. Coffee and alcohol and other caffeinated drinks are avoided by some because these are considered to confuse the soul.	All animal flesh such as pork, beef and lamb are prohibited. Many are ovo-lacto vegetarian, which means they do not consume animal flesh, but will consume dairy and egg products. Some avoid food and drinks which contain caffeine, therefore they do not consume tea and coffee. They also avoid alcohol as they believe it corrupts the senses.	Beef is forbidden, as is alcohol. Prohibited animal flesh includes pork and beef, as they believe they are not killed humanely. They do not eat halal or kosher meat because they are not meant to take part in religious rituals apart from their own.				

Vegetarians and Vegans

There are different types of vegetarians but all vegetarians avoid eating meat and fish for a variety of reasons.

Reasons

List as many reasons as you can think of why people choose to become vegetarian or vegan:

Nutrition

As long as a varied diet is consumed, vegetarian and vegan diets can provide all the nutrients needed to be healthy.

The main nutrients to consider for vegetarians and vegans are iron, selenium, vitamin B12 and omega-3 fatty acids.

List suitable sources of iron for vegetarians and vegans:

In the table below, give a brief description of each type of vegetarian. Tick what products they do eat and cross which foods they avoid.

Dietary Choice	Definition	Dairy Products	Eggs	Poultry	Fish	Honey
Lacto Vegetarian						
Lacto-Ovo Vegetarian						
Vegan						