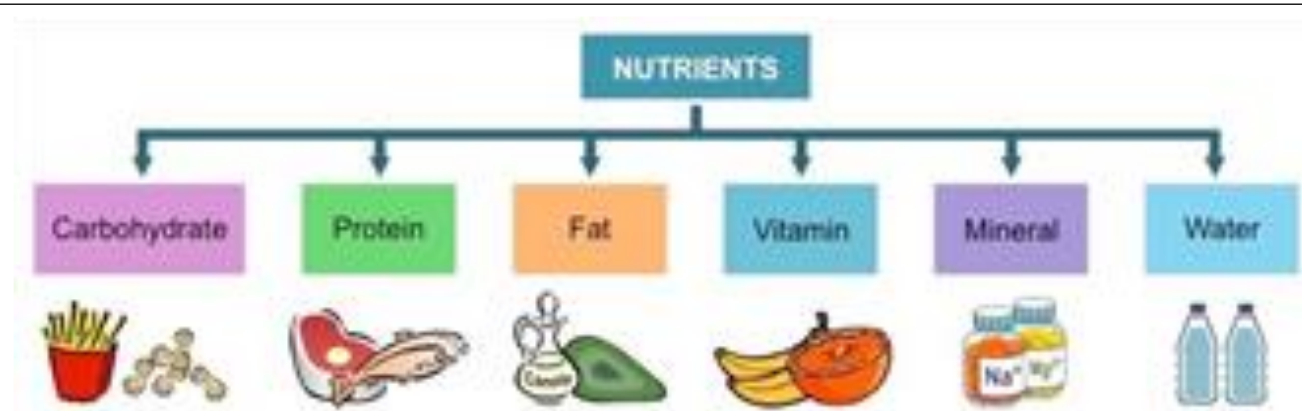




The Eatwell Guide teaches us about the proportions of different food groups needed to maintain a healthy diet.

These accompany the Government's healthy eating guidelines:

1. Base your meals on starchy foods as starches release energy slowly.
2. Eat more fruit and vegetables, because these are where we get many micronutrients from.
3. Eat more fish, and try to swap meat for a fish dish at least twice a week. This is because meat is a saturated fat, whereas fish is unsaturated.
4. Less fat and sugar, as this is what causes obesity and other health issues.
5. Less salt, as salt raises blood pressure.
6. Maintain a healthy weight.
7. Drink water to prevent dehydration.
8. Don't skip breakfast, to keep your metabolism and blood sugar levels steady.



We need 6-8 glasses of water a day. This is to stay hydrated, release toxins from the body and keep organs healthy.

We need Carbohydrates for energy.

There are 3 types of carbohydrates:

Sugar: these are all kinds of sugars, syrups, jams, sweets, marmalades. Sugars release energy fast. Any sugar unused is stored in the body as fat,

Starches: these are all types of breads, pastas, rice, potatoes and other root vegetables. Starches release energy slowly throughout the day.

Dietary fibre: this is found in the cell walls of fruit, vegetables and grains. Dietary fibre is needed for a healthy digestive system, to stay fuller for longer and to provide some energy.

Protein is needed for repair, growth and regeneration of muscles, cells and tissue.

Proteins are long chains of amino acids.

Essential amino acids that the body cannot make and needs from food are **complete proteins**. These are animal products like meat, dairy, eggs and seafood.

Incomplete proteins are proteins found in grains, nuts, seeds and legumes. These contain some essential amino acids.

Complementary proteins combine incomplete proteins in a dish to get all essential proteins, eg. Beans on toast, hummus on pitta bread, rice and beans etc.

Fats are needed for warmth, to protect the organs and to allow the body to absorb fat soluble vitamins A, D, E and K.

Saturated fats are mostly animal fats with the exception of palm and coconut oil. They raise cholesterol and cause health issues. These are solid at room temperature.

Unsaturated fats are mostly plant based except for oily fish. They are liquid at room temperature and maintain or lower cholesterol.

Vitamins and minerals are micronutrients. These are chemical substances needed in small amounts which strengthen the body. Vitamin C in citrus for a healthy immune system
Iron in red meat for healthy red blood cells
Vitamin A in carrots for healthy eyes
Some micronutrients help each other, eg. Vitamin C helps the body to absorb iron and Vitamin D helps the body to absorb Calcium. Calcium is needed for strong teeth and bones

4 conditions needed for bacteria to grow:

1. Food
2. Moisture
3. Warmth
4. Time

Bacteria are living micro-organisms. Bad bacteria are called pathogens. Knowing the above conditions for growth allows us to manage bacterial growth and prevent sickness through the 4 C's:

- Cleaning
- Cooking
- Chilling
- Cross-contamination