

Chopping board colour coding

Red - Raw meat
Blue - Raw fish
Yellow - Cooked meat
Green - Salad and fruit
Brown - Vegetables
White - Bakery and dairy

Blue plasters used in food rooms because they are easily recognised:



The two types of diabetes are

Type 1 and type 2.

Type 1- It happens when your body can't produce enough of a hormone called insulin, which controls blood glucose. Not caused through diet.

Type 2 diabetes is a serious condition where the insulin your pancreas makes can't work properly, or your pancreas can't make enough insulin because of your health caused by diet and exercise.

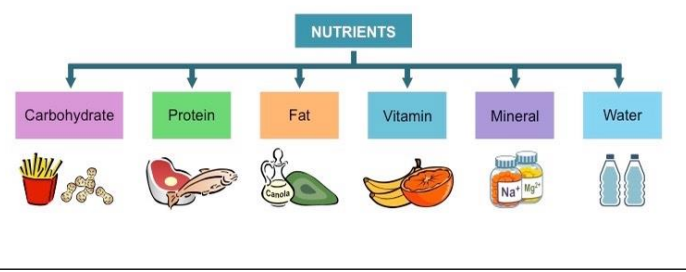
The nutritional needs for a teenager:

- Protein rich foods - To help repair muscles and tissue.
- Calcium for strong teeth and bones
- Vitamin D which helps the body absorb calcium
- Iron to keep red blood cells healthy
- Vitamin C to help the body absorb iron

Carbohydrates and Fruit & Veg are the 2 main parts of the Eatwell Guide.

We need Carbohydrates for a slow release of energy.

Sugar releases energy fast. Any unused energy is stored in the body as fat.



People choose a specific diet for various reasons:

- Ethical – which includes: shopping locally, because of concerns of food miles and sustainability or simply to invest back into the local economy; vegan for animal welfare concerns; only buying organic produce
- Religious/spiritual reasons
- Economic – due to increasing living expenses many people choose to become vegetarian
- Health – certain health conditions impact food choices such as needing their diet to be low sugar, low fat etc.

An allergy affects the immune system. It can be fatal.

An intolerance affects the digestive system. It can make you unwell.

Lactose free is a diet free of the sugar found in dairy known as lactose.

Some alternatives to dairy milk are:

- Oat milk
- Rice milk
- Soya milk
- Coconut milk
- Almond milk

If someone suffers from lactose intolerance, they are intolerant to the **sugar** in dairy called **lactose**.

Gluten is a protein found in wheat, rye and barley. Coeliac disease is a condition where your immune system attacks your own tissues when you eat gluten. This damages your gut (small intestine) so you are unable to take in nutrients.



Food provenance is knowing: Where food is grown/caught/reared; how it is produced; how it is transported.

Food that is reared in the UK includes beef, lamb, pigs and poultry.

Fresh meat must be kept in the fridge which is between 0-5°C

It will usually last for up to 3 days.

It needs to be stored in a deep dish at the bottom of the fridge to prevent any cross contamination.

It can be frozen for up to one month but this must be placed in the freezer on the day of purchase. The freezer is set to -18°C.

Cooking meat destroys all harmful bacteria and improves the colour, flavour and texture. We must cook meat to 75°C or above and to check this we use a TEMPERATURE PROBE.

Vegan				
Lacto-vegetarian				
Ovo-vegetarian				
Lacto-Ovo-vegetarian				
Pescatarian				

A vegan is someone who does not eat or use any animal products.