

## WHAT DID YOU EAT?

Please record everything you ate and drank yesterday. Don't forget to include snacks! Describe what you ate in as much detail as possible (e.g. 2 slices white bread toast with butter and tea with milk and sugar)

<b>Breakfast</b>	
<b>Mid Morning</b>	
<b>Midday</b>	
<b>Mid Afternoon</b>	
<b>Evening Meal</b>	
<b>Late evening/Supper</b>	
<b>Extras</b>	



## **WHAT IS A SERVING/PORTION?**

### **Bread, Rice, Pasta, Cereals and Potatoes**

1 slice bread  
½ bread roll  
3 tablespoons cereal  
3 crackers  
1 small potato  
2 tablespoons rice/pasta

### **Fruits and vegetables**

2 tablespoons vegetables  
Small salad  
1 fruit  
2 tablespoons tinned/stewed fruit  
100ml (small glass) fruit juice

### **Milk and Dairy Foods**

1/3 pint (200ml) milk  
1 small pot yoghurt/cottage cheese/fromage frais  
1 ½ oz (40g) cheese (small match box-sized)

### **Meat, Fish, Chicken, Eggs, Nuts and Pulses**

50g – 70g beef, pork, ham, liver, chicken, oily fish  
100g – 150g white fish (not in batter)  
1-2 eggs  
3 tablespoons baked beans  
1 tablespoon nuts/nut products e.g. peanut butter  
3 tablespoons pulse based dish

### **Fatty and Sugary Foods**

1 teaspoon butter/margarine/spread  
2 teaspoons low fat spread  
1 teaspoon oil/lard/dripping  
1 teaspoon mayonnaise/salad dressing  
1 teaspoon sugar (e.g. in drinks)

Give 3 examples of how you could make your diet fit better with the Eatwell Plate Model

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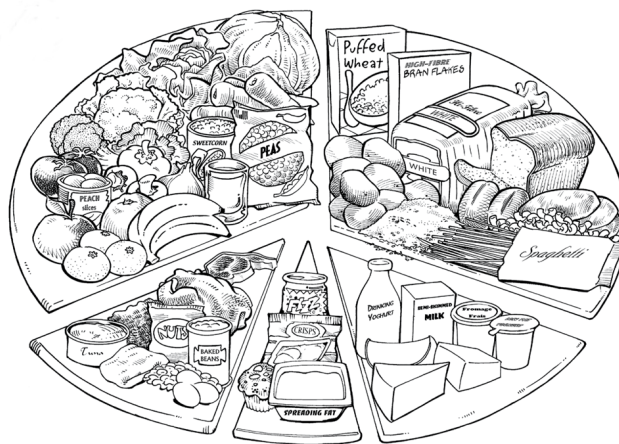
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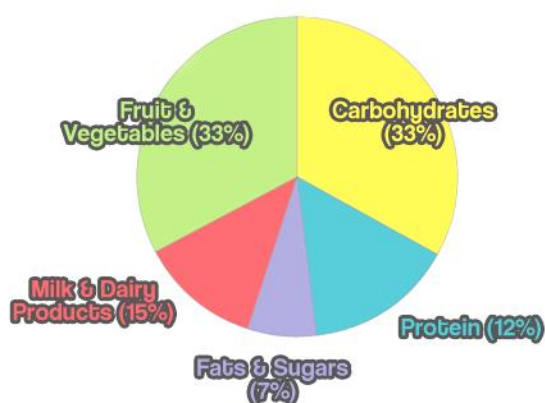


## MY OWN EATWELL PLATE

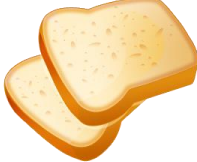




Food Group	How Many?	My Percentage (%)	Eatwell Plate Percentage
Fruit & Vegetables			33
Bread, rice, potatoes, pasta and other starchy foods			33
Milk & Dairy Foods			15
Meat, fish, eggs, beans and other non-dairy sources of protein			12
Foods & Drinks high in fat and/or sugar			7
<b>Total</b>			<b>100</b>

How to work out percentages

1. Add all the food group numbers together to get the total.
2. Divide each food group number by the total.
3. Multiply this total by 100.



## Food Groups and their Functions

Food Group	Main Nutrients	Function
<p data-bbox="236 349 517 421">Bread, Potatoes and other Cereals</p> 		
<p data-bbox="236 645 440 716">Meat, Fish and Alternatives</p> 		
<p data-bbox="236 974 536 1003">Milk and Dairy Foods</p> 		
<p data-bbox="236 1281 528 1310">Fruit and Vegetables</p> 		
<p data-bbox="236 1588 587 1659">Foods containing Fat and Foods containing Sugar</p> 		

### Case Study 1

Kevin is a 13 year old student who often feels tired and lacking in energy. He frequently stays up late, so he doesn't wake up in time to have breakfast before school. Below is a typical day's intake for Kevin.

<u>Breakfast</u>	Nothing, or sometimes a chocolate bar or biscuits
<u>Mid-morning</u>	Cake and squash
<u>Lunch</u>	Chips or pizza and biscuits
<u>After school</u>	Crisps, fizzy drink, biscuits
<u>Evening Meal</u>	3 large sausages, spoon of mashed potato, gravy and 1 small spoon of peas
<u>Bedtime</u>	Coca cola, slice of cake and biscuits

### Case Study 2

Angela is a 14 year old student who loves sport. She wants to do well in her favourite sport netball, but often finds it hard to keep up. She tries to eat a careful balanced diet. Below is a typical day for Angela.

<u>Breakfast</u>	An apple and a banana and a small glass of juice
<u>Mid-morning</u>	Water and an orange
<u>Lunch</u>	A large salad with chicken or tuna
<u>After school</u>	Water and fruit
<u>Evening Meal</u>	Chicken with vegetables and a small jacket potato
<u>Bedtime</u>	Water and some fruit





The list of foods in the table below is a guide that will help you to identify combinations of foods that could be used to provide a balanced diet, or a diet for someone with special needs

**A healthy diet**

Meal	High energy	High fibre	High iron	High Vit C	High calcium	Low fat	Low salt	Low sugar	Vegetarian
Breakfast	Breads Pancakes Cereals Porridge Nuts,dried fruit Buns Croissants Fried foods Full cream milk	Wholegrain cereals Wholemeal breads Fresh fruit Dried fruit Beans pulses	Wholegrain cereals Fortified cereals Red meats Liver Kidney Dried apricots Wholegrain breads	Fresh fruit eg oranges, grapefruit, kiwi fruit Fruit and vegetable juices	Milk Yoghurt cheeses fortified cereals and milks Beans pulses	Low fat yoghurt Fresh fruit, plain breads Crisp breads Wholegrain cereals Skimmed milk, white fish, lean meat Low fat spreads	“No added salt” breakfast cereals Fresh fruit Natural yoghurts Low salt baked beans Unsalted butter /margarine	“No added sugar” cereals Sugar free jams Fresh fruit Plain bread Natural yoghurt	Eggs Cheeses Beans ,nuts,lentils Pulses Breads Cereals Fresh and dried fruits
Lunches/ Dinners	Breads- sandwiches pittas, pizzas Meats Fried foods Pastries Pasta, rice Fats, cheese cream	Fruits vegetables wholegrain rice, pasta beans lentils dried fruits wholemeal bread, flour	Curry spices red meats liver, kidney wholemeal flour, cereals poppadams Dried apricots chocolate	Citrus fruits peppers, kiwi fruit blackcurrants Beansprouts Broccoli Cabbage spinach	Milk cheese yoghurt bread canned fish green vegetables wholegrain cereals beans pulses	Lean meats white fish skimmed milk fresh fruit ( not avocados) fresh vegetables wholemeal breads/cereals poultry	Natural low fat yoghurt Fruit and vegetables	Fresh fruit Vegetables Plain breads Reduced suagror diet yoghurts and drinks	Vegetable soups, stews, curries pies pasties Pasta with sauces Rice and beans Nuts Breads Wheat and soya flour products Meat substitutes eg quorn, tofu

**Questions**

Using the list above, write out a menu for a day’s meals for each of the following

A teenage girl who needs extra iron

- A teenage boy who is involved in sports
- A teenage diabetic girl who has had to reduce the amount of sugar and increase the amount of fibre and starchy foods she eats

Design some logos for a large food retailer who wants to promote own brand products that meet the guidelines for healthy eating.

