

**Homework 1**

## Nutrition recall

**Balanced diet definition:** Eating a wide variety of foods in the right proportions, and the right amount of food and drink to achieve and maintain a healthy body weight.

**8 tips for a healthy diet**

1. Base your meals on higher fibre starchy carbohydrates.
2. Eat lots of fruit and veg.
3. Eat more fish, including a portion of oily fish.
4. Cut down on saturated fat and sugar.
5. Eat less salt: no more than 6g a day for adults.
6. Get active and be a healthy weight.
7. Do not get thirsty.
8. Do not skip breakfast.

**VITAMINS AND THEIR FUNCTIONS**

	Function (what does it do?)	Source (foods found in)
<b>A</b>	<ul style="list-style-type: none"> <li>• Healthy skin</li> <li>• Helps us see in the dark</li> </ul>	<ul style="list-style-type: none"> <li>• Animals – liver and milk</li> <li>• Plants – carrots and red peppers</li> </ul>
<b>B</b>	<ul style="list-style-type: none"> <li>• Releases energy from food</li> </ul>	<ul style="list-style-type: none"> <li>• Bread, fish, broccoli, liver, milk, peas, rice</li> </ul>
<b>C</b>	<ul style="list-style-type: none"> <li>• Keeps connective tissue healthy</li> <li>• Helps absorb iron</li> </ul>	<ul style="list-style-type: none"> <li>• Oranges, blackcurrants, broccoli, red and green peppers</li> </ul>
<b>D</b>	<ul style="list-style-type: none"> <li>• Helps the body absorb calcium</li> </ul>	<ul style="list-style-type: none"> <li>• Butter, eggs, milk, oily fish</li> </ul>

**MINERALS AND THEIR FUNCTIONS**

	Function (what does it do?)	Source (foods found in)
<b>Calcium</b>	Build strong bones and teeth	Yoghurt, cheese, milk, tofu
<b>Sodium (salt)</b>	Keeps the correct water balance in the body	Cheese, ready meals, salted nuts, bacon
<b>Iron</b>	Keeps red blood cells healthy	Dark green vegetables, beans, fish, egg yolk, red meat

**Questions:**

1. What should we cut down on eating too much of?
2. Which vitamin helps the body absorb calcium?
3. Which vitamin helps the body absorb iron?

**Homework 2**

## Diet, nutrition &amp; Health

**Over vs under-nutrition**

Over-nutrition – eating too much food, or too much of a certain food.

Under-nutrition - eating too little food or too little of a particular nutrient

**Definitions:**

- Obesity, or being obese, means being very overweight.
- Cardiovascular disease covers a group of diseases, including diseases of the heart and blood vessels.
- CHD (coronary heart disease) occurs when blood vessels to the heart become blocked with fatty deposits.
- Type 2 diabetes is the most common type of diabetes in the UK. It causes the sugar in the blood to get too high.

The main health problems linked to **obesity**?

- Type 2 diabetes
- Coronary heart disease
- Stroke
- Cancers
- Arthritis
- Depression



The main the risk factors are for **CHD**

- High blood pressure
- Smoking
- High cholesterol
- Diabetes
- Not exercising enough
- Being overweight or obese
- DNA
- Ethnic background

The signs of **type 2 diabetes**

- Feeling tired all the time
- Feeling thirsty
- Passing more urine than normal

Normal



Blocked

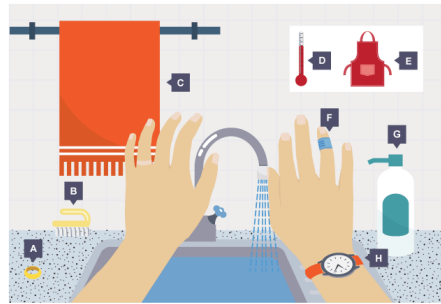
**Questions:**

1. What are the main health problems associated with obesity?
2. What is coronary heart disease? Explain
3. What is the difference between type 1 and 2 diabetes?
4. How can you treat type 2 diabetes?

**Homework 3**

## Food Poisoning bacteria, symptoms and causes

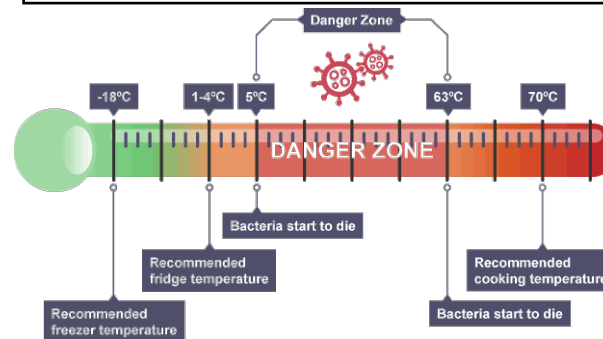
Food safety advice when handling food:



- A Jewellery removed
- B Nails kept short and clean
- C Hands should be dried
- D Food should not be handled when ill
- E Apron should be worn while handling food
- F Wounds sealed off
- G Hands should be washed
- H Food should not be handled for long periods of time

**How do bacteria grow?**

Bacteria double every 10-20 minutes in the right conditions (asexual) e.g. 1 becomes 2, then 4, then 8 ..... through binary fission

**Definitions:**

- Food poisoning** is an illness caused by eating contaminated food. It's not usually serious and most people get better within a few days without treatment. In most cases, food is contaminated by bacteria.
- High-risk foods:** ready-to-eat foods high in moisture and protein

**Food poisoning bacteria and symptoms**

Name of bacteria	Foods it can come from
Salmonella	Undercooked poultry Eggs Unpasteurised milk
Listeria	Soft cheeses, pate
Campylobacter	Poultry, milk and milk products
E-coli	Undercooked meat – especially burger Unwashed contaminated fruit

**Symptoms of food poisoning:**

- Vomiting
- Diarrhoea
- Nausea
- Stomach pains
- Dehydration

**Questions:**

- What are the 5 main things that bacteria need to grow?
- What are the main symptoms of food poisoning?
- How could you control or stop bacterial growth?

**Homework 4**

## Seasonality and food waste

Some foods are seasonal. This means that they are only available and grown at certain times of the year.

**How is food wasted?**

There are 2 main reasons we waste food at home:

- We make too much
- We don't use food before it goes off

**Using leftovers**

You could use leftover food to make another dish such as:

- Rice and pasta in salads
- Bread for breadcrumbs. Used to coat fishcakes, chicken goujons
- Potatoes used for bubble and squeak or frittata
- Chicken used in chicken curry or pie

**Advantages of seasonal foods**

- More likely to be grown in the UK
- Reduced food miles and carbon footprint
- Supports local businesses
- Can be fresher than buying out of season
- More available which makes them cheaper

**Disadvantages of seasonal foods**

- They can be used a lot during some seasons which means people could become bored of them
- There can be too much of some foods that will be wasted if they are not eaten

**Questions:**

- What does 'seasonal' mean?
- Give 2 advantages and 2 disadvantages of seasonal foods
- What are the 4 seasons in the UK?
- Create a meal that could be made using leftovers from a roast chicken dinner.

