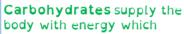
Year 8 Food | Diet and Health

8 tips for healthy eating

- Base your meals on starchy foods
- 2. Eat lots of fruit and veg
- Eat more fish including a portion of oily fish each week
- 4. Cut down on saturated fat and sugar
- Eat less salt no more than 6g a day for adults
- 6. Get active and be a healthy weight
- 7. Don't get thirsty
- 8 .Don't skip breakfast

Getting the balance right -

eating a diet high in sugar, fats and carbohydrates with little exercise will result in weight gain and possibly lead on to other dietary related diseases. Such as heart disease, obesity & type 2 diabetes



- help us move
- think
- Control body functions

There are **two** types of carbohydrates

C+ 1
Starches
Cereal
Grains
Potatoes
Yams
Banana

Chocolate
Sweets
Cakes
Biscuits
Fizzy
drinks

Starchy carbohydrates give off long & slow release of energy

Sugary carbohydrates give a quick burst of energy

Nutrient	Unsatisfactory intake
Protein	Excessive amounts can be stored as body fat De´ ciency prevents growth
Carbohydrate	Excessive amounts if not used for energy is stored as fat.
	De´ ciency is rare in the UK
Fat	Excess stored as body fat under the skin. Can stop internal organs from working properly. De' ciency rare in the UK- weight loss
Fibre not a nutrient (Body is unable to absorb)	Excessive can cause bloating De' ciency can cause constipa- tion, feeling hungry right after a meal, high cholesterol/blood pres-

Foods grow, reared and caught in the UK

grown Reared foods

Wheat & barley Chicken for meat & eggs Apples, potatoes Pigs

Carrots Cows for milk, meat & dairy

Lettuce sheep

Sprouts Strawberries

Strawberries raspberries

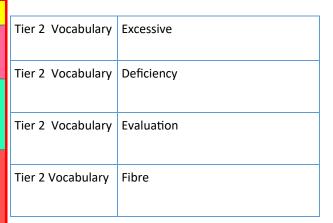








- Trawling
- Line –caught
- Pots



Classification of fish

Oily

White fish

Shell fish







- Energy is measured in Kilocalories (Kcal)
- Swimming for 20 mins uses up 160 kcals
- A slice of chicken pie with pastry is about 500kcal
- 230k cal in a Mars bar

Year 8 Food | Diet and Health

What to look for when buying fresh fish

- Smell of the sea nothing else
- Have bright red gills
- Firm flesh
- Bright eyes

<u>Prepare</u> fish on blue chopping boards

Store in the fridge 0 - 5°C or frozen.

Nutritional value

Rich in protein omega-3 fatty acids vitamins D and B2 ,calcium, phosphorus, iron, zinc, iodine, magnesium, and potassium.

Aim to eat 2 portions of fish a week

Fishy facts

- Boost brain development
- Eases depression
- Improves skin & hair
- Helps to prevent disease
 e.g. Alzheimer's, kidney & cancer'



<u>Seasonality</u> – foods that are only available at certain times of the year. Benefits – tasty, plentiful, nutritious, cheap Can be available all year round due to transporting foods from around the world.

Carbon footprint - amount of co2 emitted into the atmosphere during processing, manufacturing other and transporting.

Food Miles - the distance food travels from farm to fork
Means we can have food out of season.
The distance food has travelled has an impact on the environment.

Food provenance is knowing where our food is grown, caught or reared
Food waste-food thrown

Using your knowledge organiser

Take time to read through the pages of your knowledge organiser.

You could create and make a set of flash cards, writing the definitions of the key words you don't recognise, keep reading through them and ask family to test you until you know them all. Mind maps are a good visual way to look at topics, breaking them down into smaller sections to get a better understanding

Your teacher will set homework tasks to complete using your knowledge organiser.

You should take a photo or bring evidence of your work to your Lesson.

