

The Eatwell Guide

The Eatwell guide shows the types and proportions of foods we need to eat to have a healthy diet.

Most foods, such as pizza, casseroles and pasta dishes contain food from a number of the food groups. These are known as **Combination Foods**.

The ingredients of these dishes need to be checked and fitted into the different sections on the guide to help achieve a balanced diet.



Scan the QR code to find out more about the Eatwell Guide and Top Tips for a Healthy Diet



Nutrients

Nutrients are the substances in food that give the nourishment that is vital for growth and the maintenance of life.

Most foods contain a number of different nutrients in varying amounts but some foods are known as rich sources of a particular one. Nutrients have different functions in the body.

Nutrient	Function
Protein	Growth, repair of body cells and maintenance
Carbohydrate	Energy
Fat	Warmth and protection of major organs. Concentrated store of energy
Vitamin & minerals	To keep the body healthy

Name of the Nutrient	Sources	Function	
Carbohydrates (energy giving food)	Rice, potato, wheat, sugar	Provides energy	
Fats (energy giving food)	Butter, ghee, milk, cheese	Gives more energy compared to carbohydrates	
Vitamins and Minerals (protective food)	Fruits and vegetables	Required for normal growth and development	
Proteins (body building food)	Milk, eggs, meat, fish, soybean	Helps in building and repair of body	

Food Preparation & Nutrition

Yr7 Food – Term 2/ Spring



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All measures per 100g	LOW a healthier choice	MEDIUM most of the time	HIGH eat occasionally
Sugars	5g or less	5.1g - 15g	More than 15g
Fat	3g or less	3.1g - 20g	More than 20g
Saturates	1.5g or less	1.6g - 5g	More than 5g
Salt	0.3g or less	0.31g - 1.5g	More than 1.5g

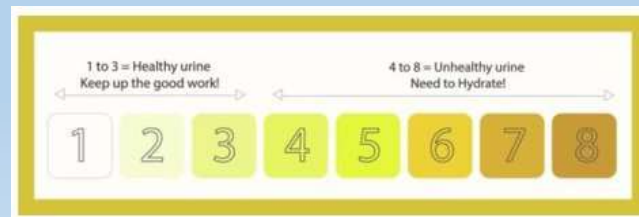
- Food is high in things you should be cutting down on.
- Food isn't high or low in the nutrient, so an "OK" choice.
- The more green lights, the healthier the choice.

Water is Vital

Water is not a nutrient, but it is essential for life. Our bodies are 70% water, and it is an important component of blood, digestive juices, urine and perspiration.

Water is needed for:

- Chemical reactions in the body
- transport nutrients, oxygen and carbon dioxide around the body
- to regulate body temperature
- to help get rid of waste products in our urine and faeces.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

AM I DEHYDRATED? HERE'S HOW TO TELL

SIGNS OF MILD TO MODERATE DEHYDRATION INCLUDE:

- THIRST
- DRY MOUTH
- FATIGUE
- HEADACHE
- INFREQUENT URINATION AND/OR DARK URINE
- CONSTIPATION
- MUSCLE CRAMPS
- CRAVINGS FOR SWEETS

SIGNS OF SEVERE DEHYDRATION INCLUDE:

- RAPID BREATHING
- RAPID HEARTBEAT
- SEVERE DIZZINESS OR LIGHTEADEDNESS
- UNCONSCIOUSNESS OR DELIRIUM
- DRY SKIN OR SKIN THAT'S LOST ITS ELASTICITY
- NOT URINATING, OR HAVING VERY DARK-COLORED URINE
- EXTREMELY DRY OR SHRIVELED SKIN THAT LACKS ELASTICITY
- DIZZINESS OR LIGHTEADEDNESS
- SUNKEN EYES
- EXTREME THIRST
- BAD BREATH
- LOW BLOOD PRESSURE
- NOT SWEATING EVEN WHEN YOU SHOULD BE (FOR INSTANCE WHILE OUT FOR A RUN IN HOT WEATHER)
- ALTERED MOOD, CRANKINESS, OR FUZZY THINKING