



Year 9 Food Preparation and Nutrition Essential Knowledge Sheet

eatwell 8 TIPS for HEALTHY EATING

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

Healthy Food Swaps change 4 life

Changing just a few eating habits can make a big difference to your diet and is the healthiest way to lose weight. Eat less fat, salt, sugars, processed foods and high calorie foods. Swap them for something healthier, such as more fruit and vegetables (5 a day).

Find out more: www.nhs.uk/change4life/food-facts

Nutrient	Food Examples	Main Function in Body
Macronutrients - We need these in large amounts.		
Starchy Carbohydrates	Cereals, bread, rice, potatoes, pasta etc.	Give us slow release energy. (wholegrain versions are higher in fibre).
Protein	Meat, fish, eggs, nuts, seeds, pulses, lentils.	Growth, repair and maintenance of muscles.
Fat	Butter, lard, margarine, sunflower oil, olive oil etc.	Insulates our vital organs (heart, lungs etc) and keeps us warm.
Micronutrients - We need these in small amounts.		
Vitamins	Fruits and vegetables.	Help our immune system fight off illnesses and help us release energy from other foods.
Minerals		
Other Essential Nutrients		
Dietary Fibre (NSP)	Wholegrain cereals, fruit/vegetables, nuts/seeds etc	Helps our digestive system remove waste and avoid constipation.
Water	Keeps us hydrated, controls body temperature, helps digestion, gets rid of waste.	



All the **foods** on the **Eatwell Guide** give us a range of **different nutrients** which all do **different jobs** in our body.
Remember lots of foods provide more than 1 nutrient.

Health Issues Linked to Poor Diet	
Heart Disease CHD	Arteries become blocked with fatty deposits. Linked to saturated fats and obesity .
Obesity	A condition where the body has accumulated too much fat .
Type 2 Diabetes	A condition linked to too much processed sugar , obesity and lack of exercise.
Tooth Decay	Plaque builds up on teeth causing decay. Made worse by eating too much sugar .

Practical Dishes	Skills and Processes
	Swiss Roll Aeration, creating an egg foam which helps products to rise when baked. Checking for readiness. Filling and shaping.
	Fajitas. Knife skills. Stir frying. Checking for readiness (no pink chicken). Working with high risk foods (chicken). Assembling wraps.
	Pizza Rubbing in, kneading, shaping. Strong flour used for bread dough is high in a protein called gluten . Knife skills.
	Chilli –Con-Carne Dry frying meat. Vegetable preparation, knife skills. Control of hob. Food safety.
	Pasta and Cheese Sauce Boiling, simmering. Sauce making—gelatinisation of starch.
	Cheesecake Crushing, melting, aeration by mechanical whisking . Combining ingredients. Piping cream for decorative finish.
	Milestone Dish of choice Time management, organisation. Demonstration of skills. Use of cooker/oven/safety/hygiene.