

Subject/Topic: Healthy Eating	Subject/Topic: Teenage Food Requirements	Subject/Topic: International Cuisine
Key ideas:	Key ideas:	Key ideas:
<p>The Eatwell Guide gives recommendations for a Healthy Diet. It advises that your diet should be made up of the following: 1/3rd fruit and vegetables, 1/3rd Starchy carbohydrates, around 1/6th of Beans, pulses, fish, meat and other proteins, around 1/7th Dairy foods and alternatives and the smallest segment should be Oils and Spreads.</p>	<p>It is important that you are aware of your nutritional needs. Teenagers grow quickly and it is essential that they have a balanced diet. The following nutrients are particularly important: Protein, Iron, Vitamin C, Calcium and Vitamin D.</p>	<p>As many people from other countries are living in Britain, and there is also a greater opportunity to travel, our eating habits have changed. Many traditional British dishes are being replaced with ones that have originated from other countries and cultures.</p>
Key words	Key words	Keywords /Key Language:
<p>Portion size – For fruit and vegetables 1 portion is: 1 piece of medium sized fruit e.g. apple, banana or orange, 1 heaped tablespoon of dried fruit e.g. raisins, 3 heaped tablespoons of cooked vegetables e.g. carrots. 150ml of fruit juices or smoothies. Lean meat – relatively low in fat e.g. chicken. Pulses – include beans, pulses and peas. Processed meat – bacon, sausages etc. There is now a link between a high consumption of these types of meat and some forms of cancer. Fluids- It is essential to drink around 6-8 glasses of fluid per day, water is the best form and fruit juice should be limited to one glass. Wholegrain – contains all 3 parts of the kernel and is higher in fibre than brown or white varieties which contain just part. Unsaturated Fat – Fats oils should ideally be unsaturated as they are thought to be much better for a healthy heart than Saturated Fat. . Oily fish – Salmon, sardines are examples and ideally we should eat two portions of fish per week and one of these should be oily.</p>	<p>Protein – To cope with growth spurts. Found in eggs, meat, fish, cheese etc. Iron and Vitamin C work together and help prevent anaemia. Iron is found in green leafy vegetables e.g. spinach and red meat e.g. beef. Vitamin C is found in a range of fruits and vegetables, fresh and frozen supply the most. Calcium and Vitamin D – These are essential to help with the rapid growth of the skeleton. Foods rich in Calcium include dairy foods e.g. milk, cheese etc. Vitamin D is found in tuna, salmon and mackerel.</p>	<p>Italian Cuisine – different foods are produced in different areas of Italy:</p> <ul style="list-style-type: none"> • The north is cooler and mountainous: rice is grown and the land is mostly used to rear animals for cured meats. • The south of the country is hotter, so crops such as tomatoes, olives and lemons are grown. <p>Chinese Cuisine – Chinese food is quick to make. Food is stir-fried in a wok or steamed in a bamboo steamer – both are healthy ways of cooking.</p> <p>Indian Cuisine – India is a mainly agricultural country growing crops.</p> <ul style="list-style-type: none"> • In the north of India, wheat is the staple food and is used to make chapatti. • In the south, rice is the staple food, and curries with sauce.

<p>Tasks: 1. Can you recall the Eatwell Guide? 2. Sketch the Eatwell Plate from memory.</p> <p>Research: How many glasses of fluids, ideally made of mostly water should we drink per day.</p> <p>Why should we try to choose wholegrain options when selecting starchy carbohydrates, e.g. wholegrain rice, pasta etc.</p>	<p>Tasks: From what you have completed in lessons and using additional research to supplement this, explain why the following nutrients are also important to teenagers and list a couple of food sources for each:</p> <ul style="list-style-type: none">• Vitamins A and B <p>Starchy Carbohydrates</p>	<p>Task: Choose either Britain, Italy, China or India. Create a poster which includes information on:</p> <ul style="list-style-type: none">• The country's climate and how this influences what food is produced.• Traditional ingredients and dishes.• Examples of sweet and savoury dishes.
--	--	---