

Year 8 Food | Diet and Health

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 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



Carbohydrates supply the body with energy which

- help us move
- think
- Control body functions



There are two types of carbohydrates

Starches

- Cereal
- Grains
- Potatoes
- Yams
- Banana

- ii) **Sugars**
Chocolate
Sweets
Cakes
Biscuits
Fizzy drinks

Starchy carbohydrates give off long & slow release of energy

Sugary carbohydrates give a quick burst of energy

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

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 constipation, feeling hungry right after a meal, high cholesterol/blood pres-

Foods grow, reared and caught in the UK

grown

- Wheat & barley
- Apples, potatoes
- Carrots
- Lettuce
- Sprouts
- Strawberries
- raspberries



Reared foods

- Chicken for meat & eggs
- Pigs
- Cows for milk, meat & dairy
- sheep



Caught

- Fish & shellfish ,mackerel, salmon & herring
- Trawling
- Line -caught
- Pots



Tier 2 Vocabulary	Excessive
Tier 2 Vocabulary	Deficiency
Tier 2 Vocabulary	Evaluation
Tier 2 Vocabulary	Fibre

Classification of fish

Oily



White fish



Shell fish



Anchovy	Plaice	Lobster
Tuna	Cod	Crayfish
Salmon	Haddock	Oyster
Trout	Dover sole	Mussels
Mackerel		Crabs
Herring		Prawns
Sardines		

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What to look for when buying fresh fish

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

Prepare 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'



Food terms

Seasonality – 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 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 away

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.

Tier 3 Vocabulary	Constipation
Tier 3 Vocabulary	Seasonality
Tier 3 Vocabulary	Carbon foot-print
Tier 3 Vocabulary	Provenance
Tier 3 Vocabulary	Nutritional value

**HOME
LEARNING**