

Diet across life stages

Children—Need more calcium and protein to support growth. Meals should be balanced and low in fat, salt and sugar.
Teenagers—Need more calcium, protein and energy to support growth. Girls need more iron.
Adults— They must maintain a balanced diet, moderate alcohol consumption, regular exercise and no smoking.
Older adults—Must stay hydrated. Plenty of calcium to keep their bones strong. Healthy balanced diet. Less energy is required.
Pregnancy—a varied and healthy diet. Plenty of folate found in orange and green leafy veg to help the development of the foetus.

Special diets

Lactose intolerance - When a person is unable to digest lactose, a sugar found in milk and some other dairy products. This can cause bloating, cramps, sickness and diarrhoea.
Coeliac disease - When a persons intestines are sensitive to gluten found in wheat, barley or rye.
Allergies - an immune system reaction that occurs soon after eating a certain food, often nuts.
Vegetarian diets - people who do not consume meat or any meat products for various reasons such as; religion, diet, ethical reasons, cost etc.

Budgeting for food

There are many different ways to budget for food. Some of these include:

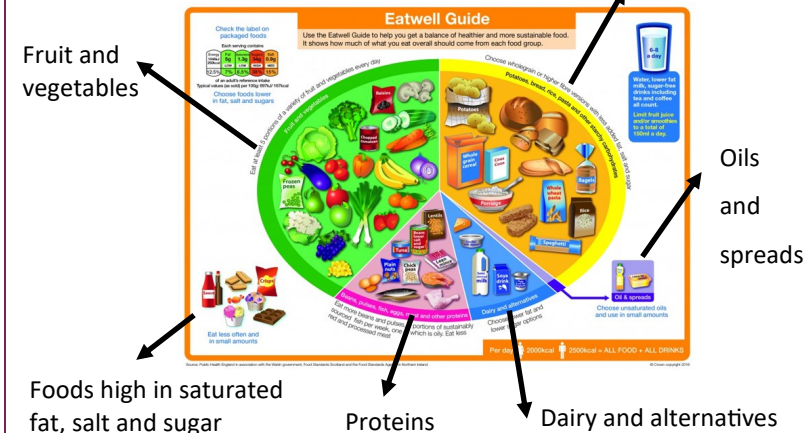
- Go vegetarian one day a week.
- Shop at cheaper shops.
- Buy supermarket own brands.
- Create a shopping list so you only buy what you need.
- Grow your own fruit and vegetables.
- Don't waste left overs.
- Buy and cook in bulk.

Key nutrients and functions

Fat - Protects vital organs, insulates the body, energy source.
Protein - Builds and repairs cells.
Carbohydrate - main source of energy.
Vitamins- Prevent illness and maintain good health.
Minerals— Needed for good health e.g. calcium.

The Eat well guide

The Eat well guide shows us how to follow a balanced diet with the correct amount of nutrients.



Chopping boards



Knife Skills

Bridge



Claw



Key vocabulary

Hygiene	Keeping clean to avoid the spread of bacteria.
Safety	To prevent accidents from happening.
Cross contamination	The transfer of bacteria from one food to another, from food equipment, humans or animals.
Bacteria	Single celled organisms.
Gelatinisation	The thickening of a mixture, in the presence of heat, due to swelling of starch granules.
Starch	A type of carbohydrate that thickens a sauce.
Budgeting	To allow a particular amount of money for something.
Lactose Intolerant	When a person is unable to digest lactose, a sugar found in milk.
Coeliac	When a persons intestines are sensitive to gluten found in wheat, barley or rye.
Coagulation	When a protein such as egg turns from a liquid to a solid state when heated.