Highsted Knowledge Organiser

Year 8 Term 3: Food Preparation & Nutrition

What I need to know	Key Vocabulary:
Nutritional needs at different life stages Meal Planning & Nutrition	Eatwell guide Macronutrients Composite/combination food Micronutrients

PLATINUM	Can explain the function of nutrients
GOLD	Understands the role of nutrients found in food and its function on the body
SILVER	Can name different nutrients and give examples of what they are found in
BRONZE	Can name the sections of the Eatwell guide and give examples of food found in each

Meals and snacks can be sorted into The Eatwell Guide food groups.

Composite/combination food - Lasagne

Pasta (lasagne sheets): **Potatoes, bread, rice, pasta or other starchy carbohydrates**
Onions, garlic and chopped tomatoes: **Fruit and vegetables**
Lean minced meat (or meat substitute): **Beans, pulses, fish, eggs, meat and other protein**
Cheese sauce made with milk and cheese**: Dairy and alternatives**
Olive/vegetable oil used to cook onions and mince**: Oil and spreads**

Different people need different amounts of dietary energy depending on their:

- age;
- gender;
- body size;
- level of
- activity;
- genes.

A balanced diet
A balanced diet is based on the Eatwell Guide. An unbalanced diet can lead to dietary related diseases.

Nutrients
There are two different types of nutrients:

- macronutrients;
- micronutrients.

There are three macronutrients that are essential for health:

- carbohydrate;
- protein;
- fat.

There are two types of micronutrients:

- vitamins;
- minerals.

8 tips for healthier eating
These eight practical tips cover the basics of healthy eating, and can help you make healthier choices.

1. Base your meals on starchy carbohydrates.
2. Eat lots of fruit and veg.
3. Eat more fish – including a portion of oily fish.
4. Cut down on saturated fat and sugar.
5. Eat less salt (max. 6g a day for adults).
6. Get active and be a healthy weight.
7. Don't get thirsty.
8. Don't skip breakfast.

Challenge Task
Calculate the energy and nutrients provided by a food diary for one or two days using http://explorefood.foodafactoflife.org.uk - reflect on the results.

Suggested reading: BBC good food recipes. Food fact for life