

FOOD CHOICE & HEALTH



Level 2 Tutor Ebook

Learning outcomes

1. Sort familiar foods according to food group, e.g. fruit/vegetable, meat/fish, dairy.
2. Describe typical foods and drinks associated with a well-balanced diet.
3. List common consequences of good diet, e.g., healthy heart, strong bones, clear skin, dental health.
4. Participate in the preparation of healthy meals, e.g. breakfast and lunch /dinner.
5. Identify common safe practices associated with food preparation and storage, e.g. separating raw/cooked meat in a domestic fridge.
6. Demonstrate appropriate food hygiene and safety practices.

Key facts about food



- Food is a basic requirement of life.
- People choose different types of food to eat.
- We need a variety of foods to stay healthy.

Describe a type of food you enjoy.



Talk about it.

- The colour of this food is.....
- I like this food because.....
- The texture of this food is crunchy/smooth/soft/furry/dry/moist.....
- The shape of this food is.....

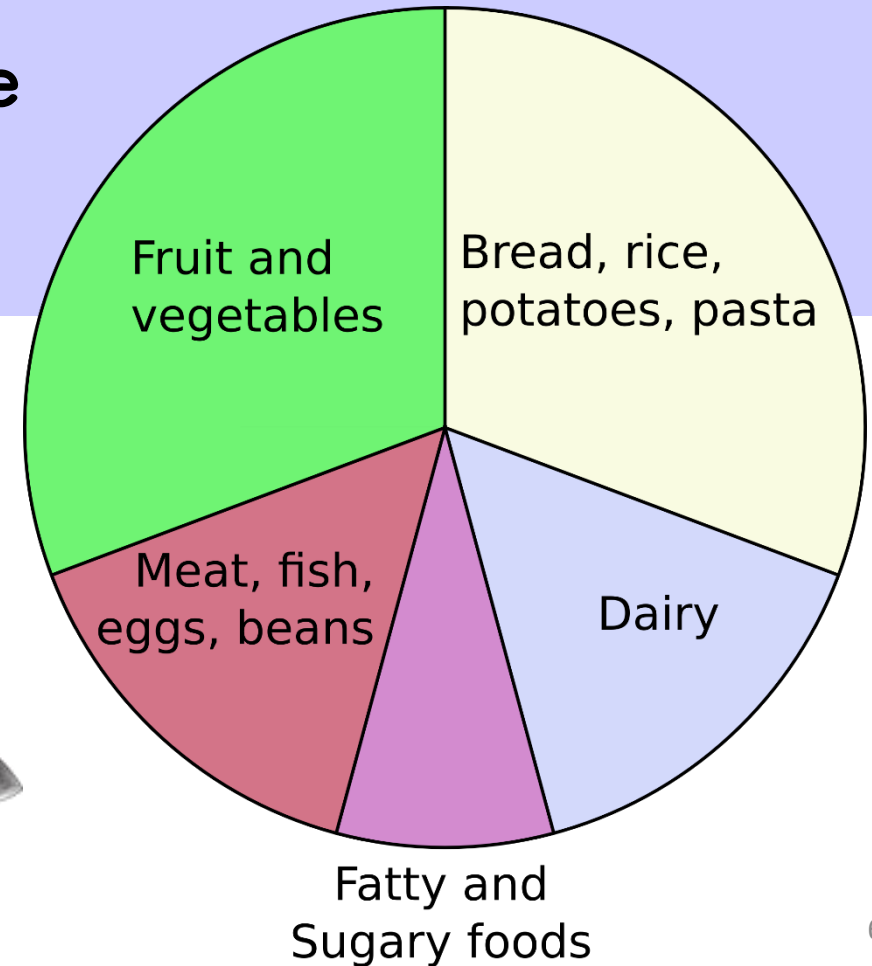
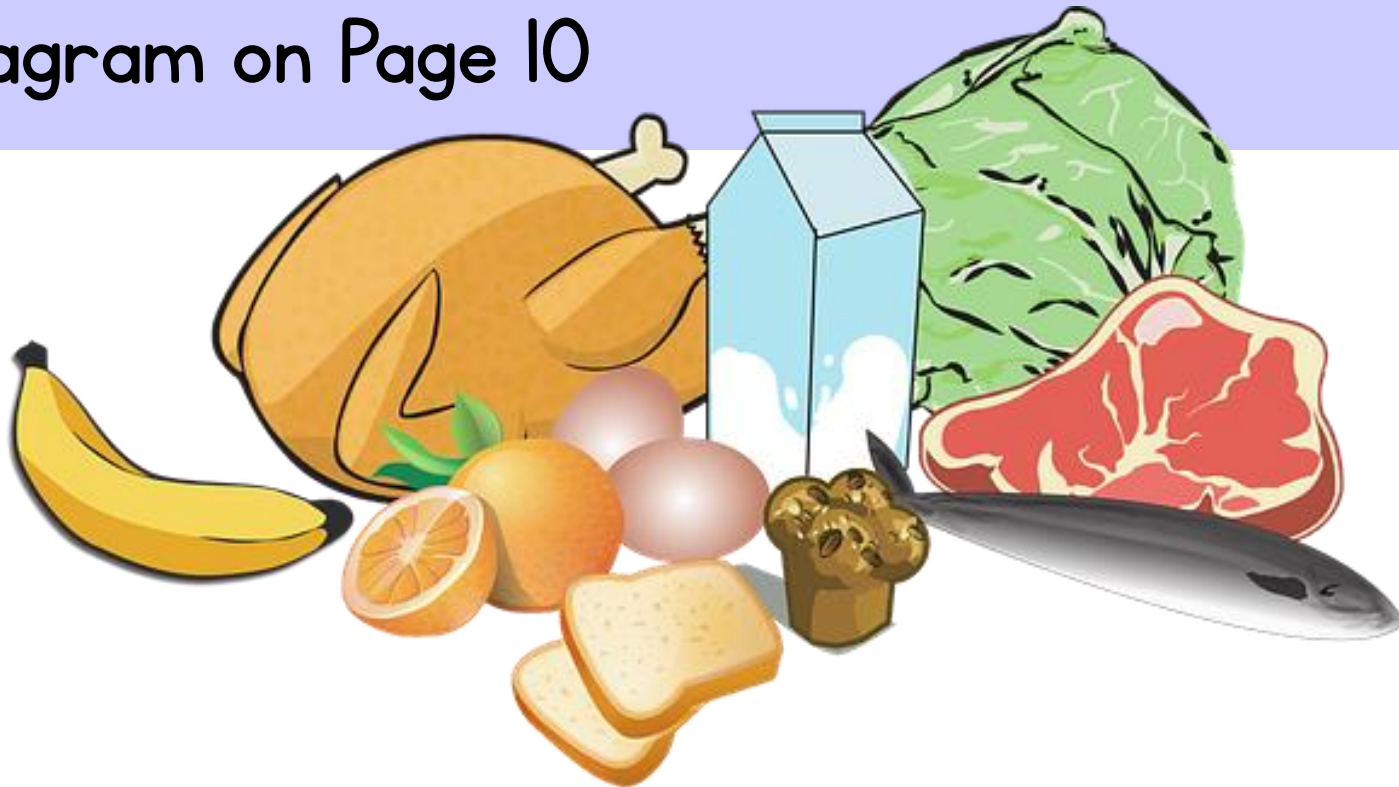
Major Food Groups



All the food groups

We can enjoy nutritious foods from different food groups.

Look at the diagram. Compare it with the diagram on Page 10

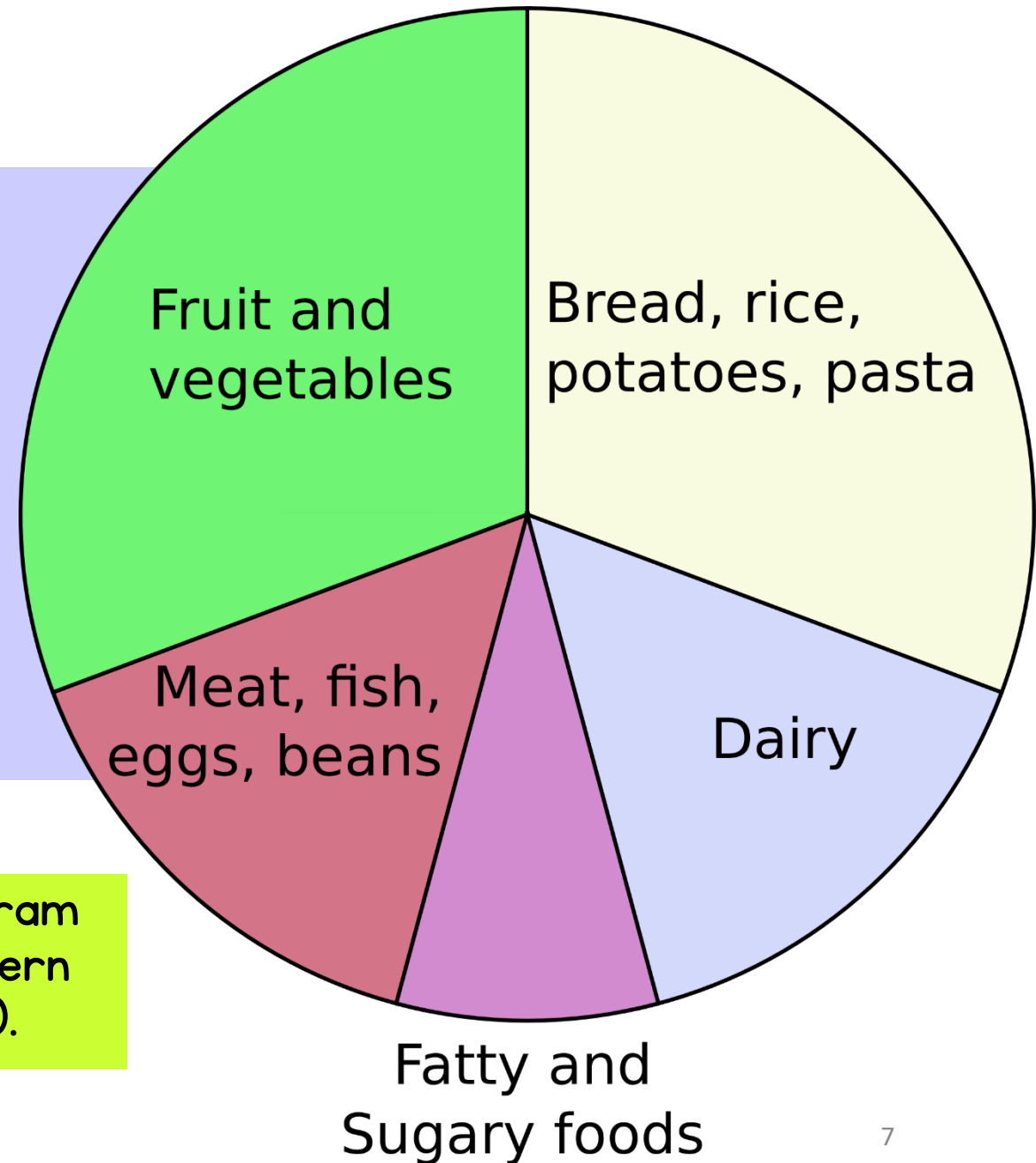


Major food groups

- Bread, rice, potatoes, pasta
- Fruit and vegetables
- Fatty and sugary foods
- Dairy products
- Meat, fish, eggs and beans



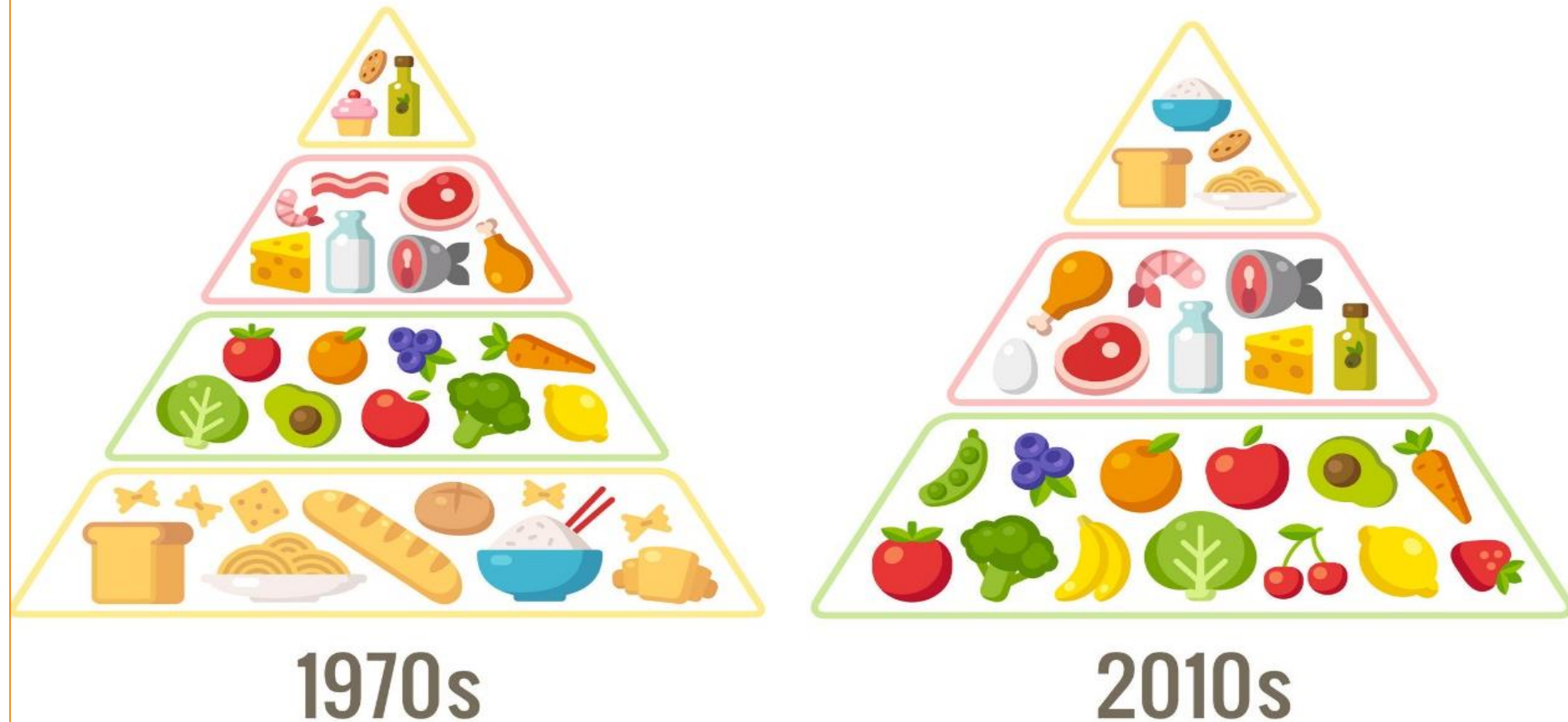
Compare this diagram and the more modern diagram on Page 10.



The food pyramid

Latest scientific research suggests that **HALF** of what we eat should be vegetables and fruit. Although wholegrains are good for us, we should cut down on all refined foods, such as white bread.

THE NEW FOOD PYRAMID



Healthy plate

This diagram clearly shows that half our diet should be fruit and vegetables.



Bread, rice, potatoes, pasta



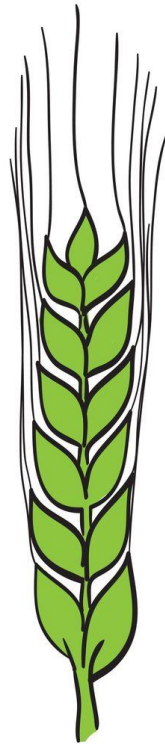
- Grains are foods like cereal, bread, spaghetti, rice and crackers.
- Grains give you **energy**.
- Try to eat **whole grains**. 10

Talk about these.

Cereals



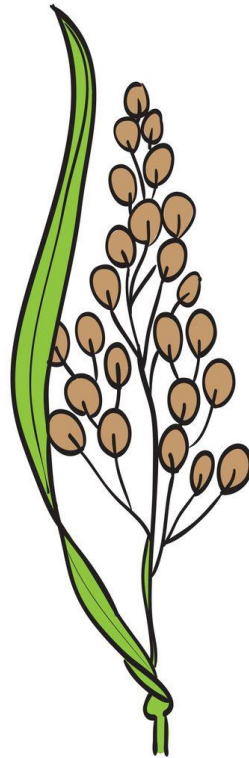
Wheat



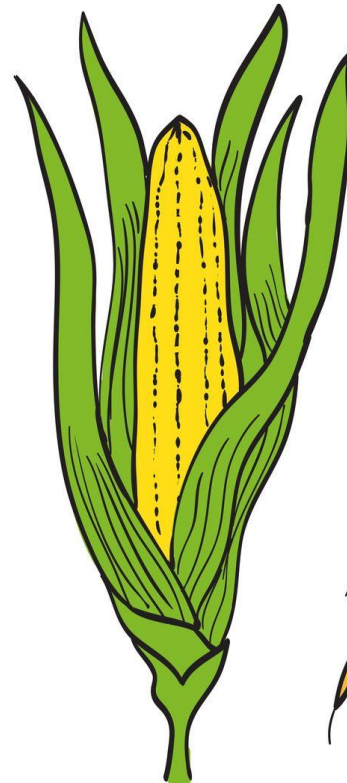
Barley



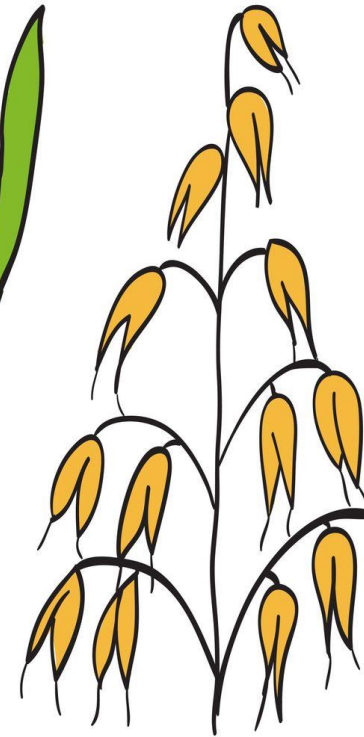
Rye



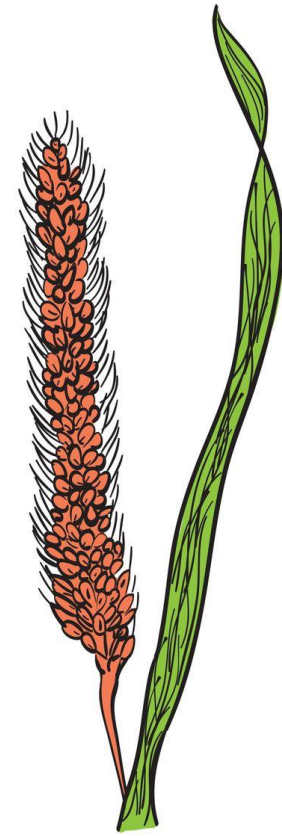
Rice



Maize

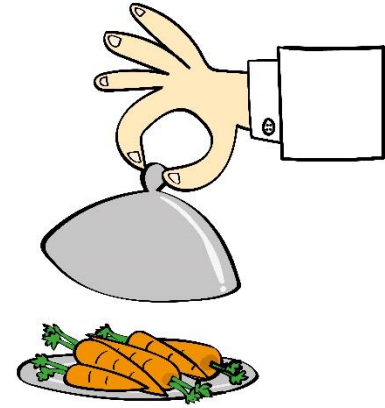


Oats



Millet

Vegetables

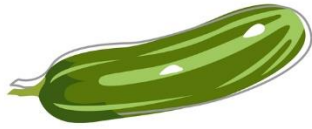


- Vegetables are foods like broccoli, carrots, green beans, potatoes, spinach, and corn.
- Vegetables help keep you healthy and feeling good.
- Eat at least one dark green vegetable or one orange vegetable each day.

Vegetables



Tomato



Cucumber



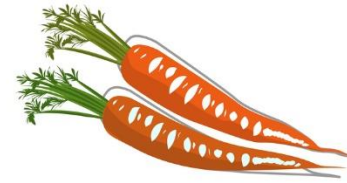
White Onion



Purple Onion



Garlic



Carrot



Lettuce



Potato



Red Cabbage



White Cabbage



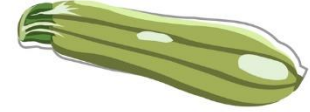
Radish



Eggplant



Mushroom



Zucchini



Yellow Pepper



Red Pepper



Artichoke



Corn



Beet



Broccoli



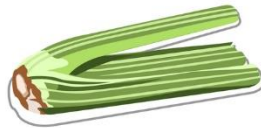
Avocado



Spinach



Cauliflower



Celery



Red Chili



Green Chili



Sweet Potato



Green Bean



Kohlrabi



Asparagus



Olives



Pumpkin



Fennel



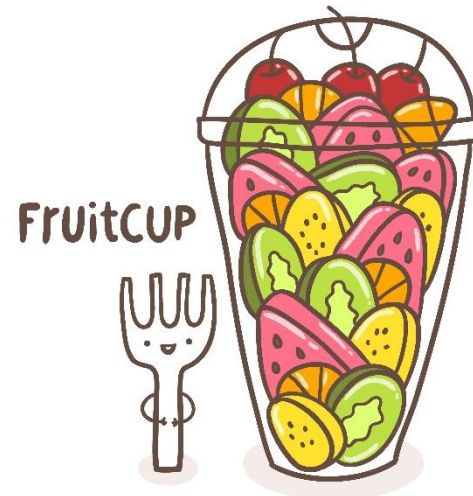
Spring Onion



Turnip

Fruit

- Some fruits are apples, pears, melons, bananas, grapes and blueberries.
- Fruits fight off infections and help you heal.
- You should eat fruit every day.



Fruit



Apple



Orange



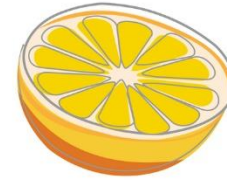
Pear



Peach



Red Grapefruit



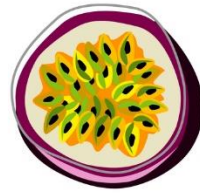
Grapefruit



Date



Apricot



Passionfruit



Black Cherry



Red Cherry



Red Grapes



Green Grapes



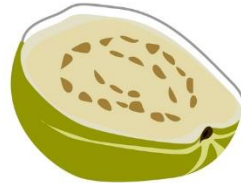
Black Grapes



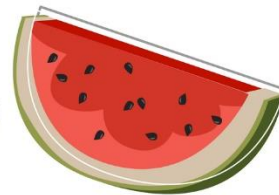
Plum



Mandarine



Guava



Watermelon



Melon



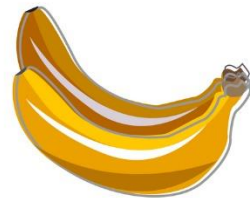
Pineapple



Lychee



Fig



Banana



Strawberry



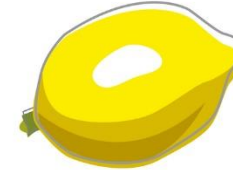
Papaya



Carambola



Raspberry



Lemon



Pomelo



Cranberry



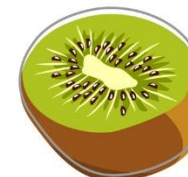
Blueberry



Coconut



Pomegranate



Kiwi



Mango

Healthy apples



10 HEALTH BENEFITS OF GREEN APPLES

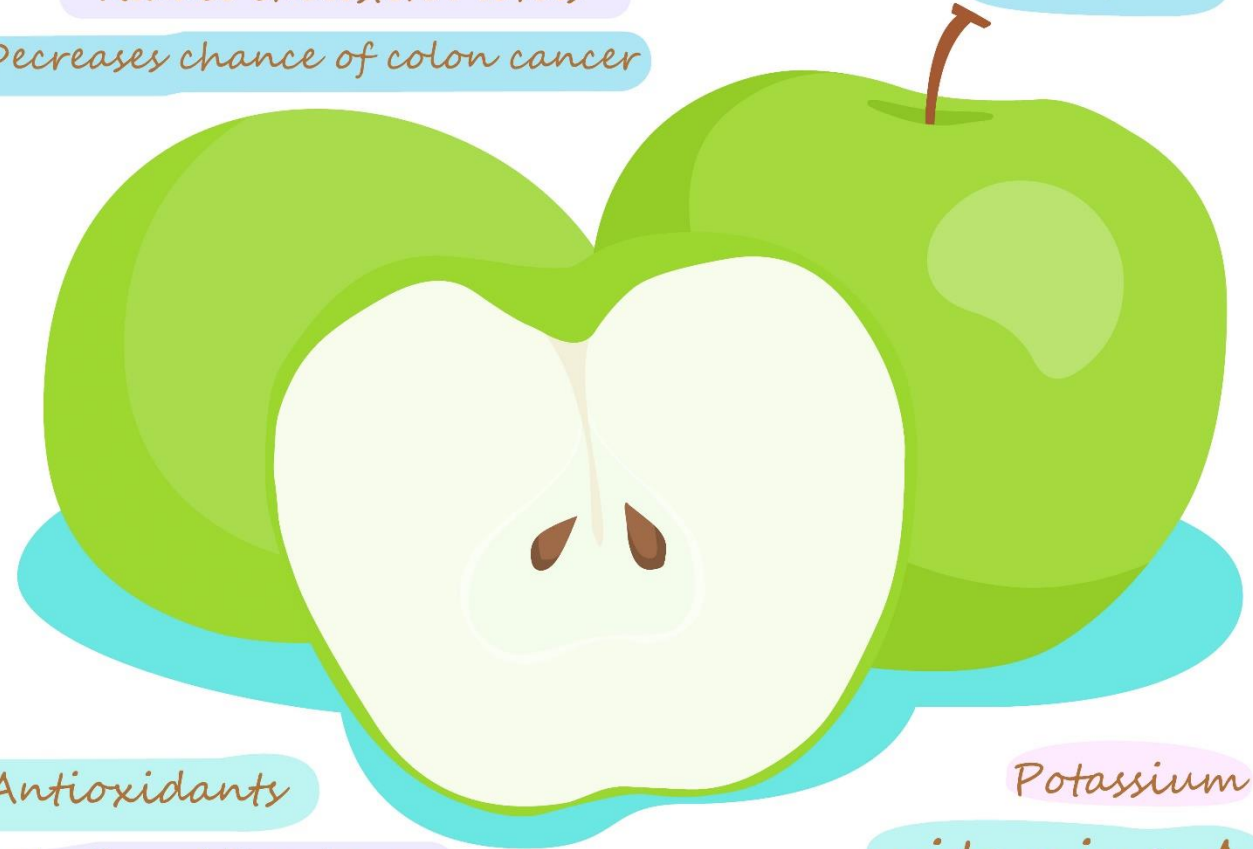
vitamins C

Only 50-80 calories

Reduce cholesterol levels

High fiber

Decreases chance of colon cancer



Antioxidants

Potassium

Reduction of liver issues

vitamins A

Reduction of liver and digestive tract issues

Dairy products

- This group includes foods like milk, yoghurt, cheese and ice cream.
- Foods from the milk group have **calcium**, which helps to grow strong bones and healthy teeth.



Meat, fish, eggs and beans



- The meats and beans group includes foods like beef, lamb, burgers, chicken, fish, eggs, beans and nuts.
- The foods in this group are full of **protein** to help you build strong muscles.
- Try to eat leaner, less fatty meats to keep your heart healthy.

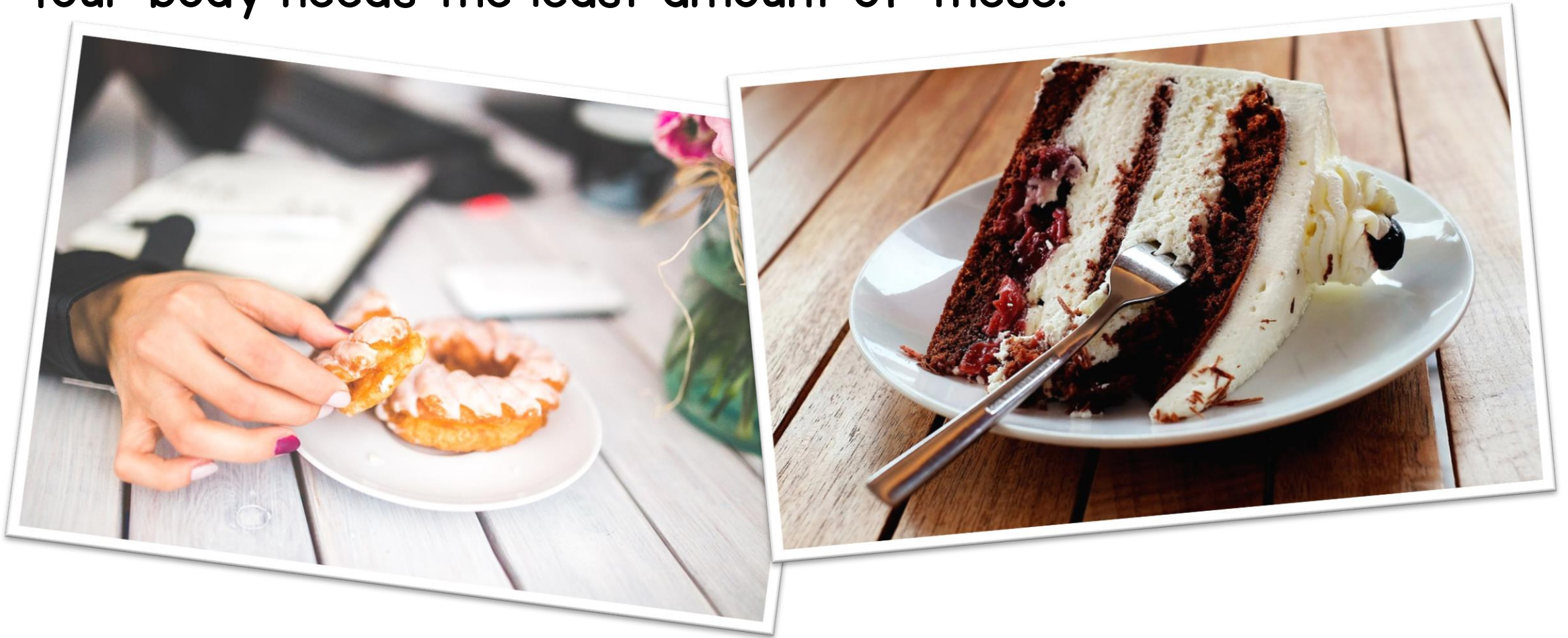
Is this healthy?

Read the food label. Find your own find label.



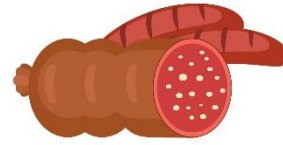
Sugary foods

Your body needs the least amount of these.



Foods that Can Trigger a Stroke

Avoid these....



sausage



red meat



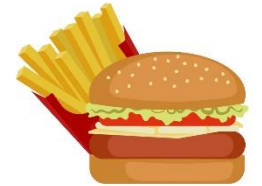
fatty fried foods



chips



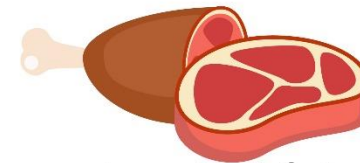
mayonnaise



fast food



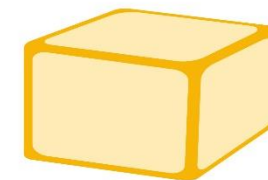
sweets



saturated fat

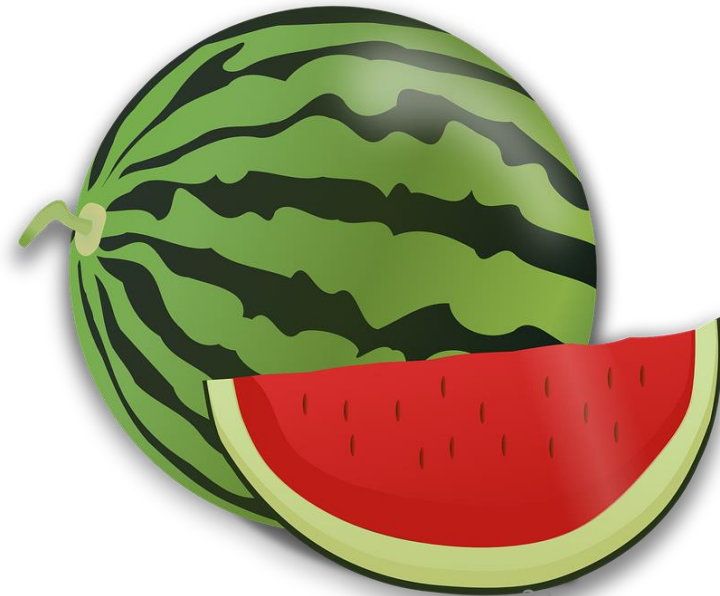
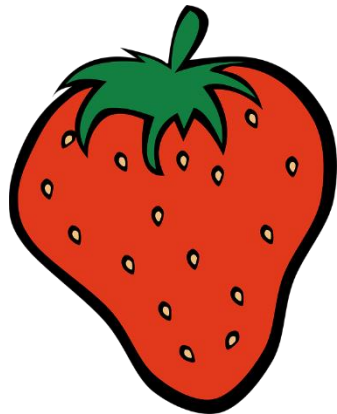
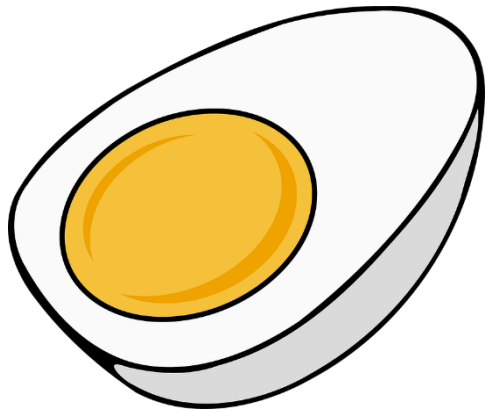
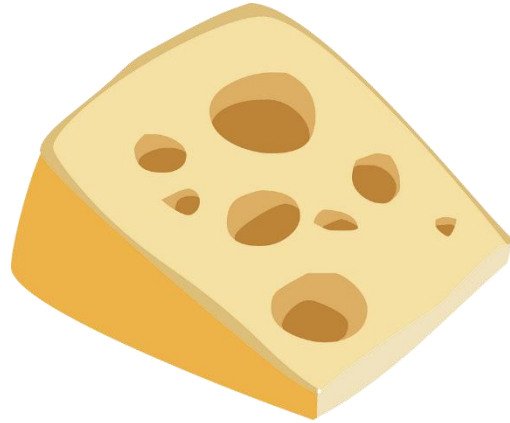


fizzy drinks



margarine

To which food groups do these belong?



Name the food groups here.



Elements of a healthy diet



What is nutrition?

- Nutrition is eating the right kind of food so you can be healthy.
- Better nutrition means better health.



Not just 5 a day!



- Five portions of fruit and vegetables a day may no longer be enough! (according to new research)
- In the research, having at least **seven** portions of fresh fruit and vegetables a day was associated with a 42% lower risk of death from all causes

Did you know?

- Canned, dried and frozen fruits and vegetables still count towards your 5 A DAY.
- It's best to eat a range of colours of fruits and vegetables (for different nutrients)
- Potatoes don't count towards your 5 A DAY (but they're still important to help you stay healthy)



Eat a rainbow

Fruit and vegetables nutrients by color



WHITE

YELLOW

RED

PURPLE

GREEN



Immune system



Healthy colon



Prevents ulcers



Lowers cholesterol



Healthy heart



Healthy heart



Lowers cholesterol



Healthy joints/tissues



Supports eyesight



Prevents Cancer



Healthy heart



Decr. blood pressure



Skin protection



Helps cell renewal



Prevents Cancer



Healthy heart



Healthy blood vessels



Helps memory



Anti-aging



Healthy urinary system



Improves digestion



Supports eyesight



Healthy bones



Immune system



Prevents Cancer

Sodium (salt)



- Choose foods with less salt (sodium)
- Be careful of foods that come in boxes, bags or cans because they are often high in salt.
- Read the food label and choose the food with less sodium.

High fibre

1. Fresh fruit and vegetables have fibre.
2. Try eat whole grains, e.g. bread, rice.
3. Drink plenty of water to help the fibre go through your body.



High fibre cont.



- The peels of fruits like apples have lots of fibre in them, so make sure to eat the skin too.
- Put seeds in your salad to add some extra flavour.
- Beans and nuts are a great source of fibre and protein!

Reduce sugar, salt and cholesterol

- Use food labels to help guide you.
- Choose the food item that is lower in sodium, unsaturated fats and sugar.
- Eat more fresh foods; they do not have extra sugar and fat.
- Cook at home. It is the best way to control how much fat, salt and sugar is added to your foods.



Reduce sugar, salt and cholesterol



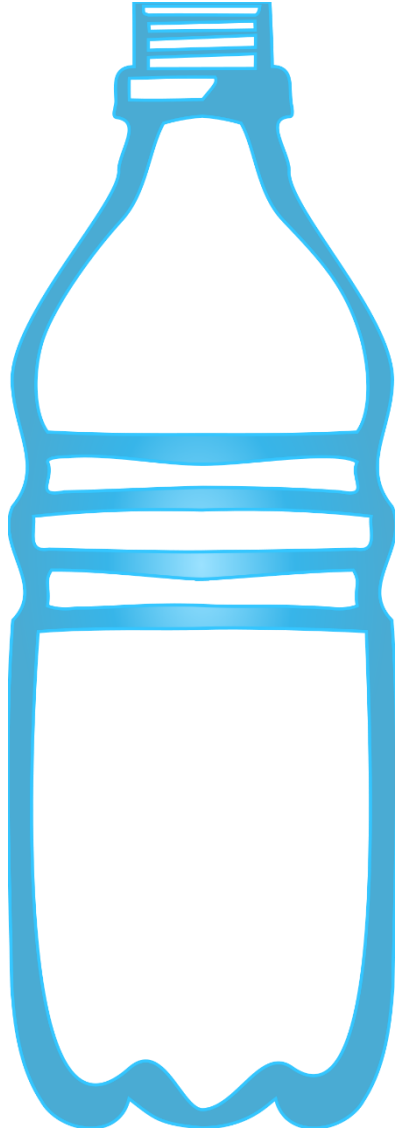
- Drink more water.
- Don't buy sugary drinks like soda, fruit juices and sports drinks.
- Sweeten your water with natural fruits.
- Look for foods that have unsaturated fats.
- Avoid foods with trans fats; these fats are especially harmful to your heart.

Foods to avoid

sweet biscuits, cakes, desserts and pastries; processed meats and fattier/salty sausages; sweetened condensed milk; ice cream and frozen desserts; confectionary and chocolate; savoury pastries and pies; burgers with a high fat and/or salt content; fried foods; potato chips, crisps and other fatty and/or salty snack foods including some savoury biscuits; cream, butter and spreads which are high in saturated fats; sugar-sweetened soft drinks, sports and energy drinks and alcoholic drinks.



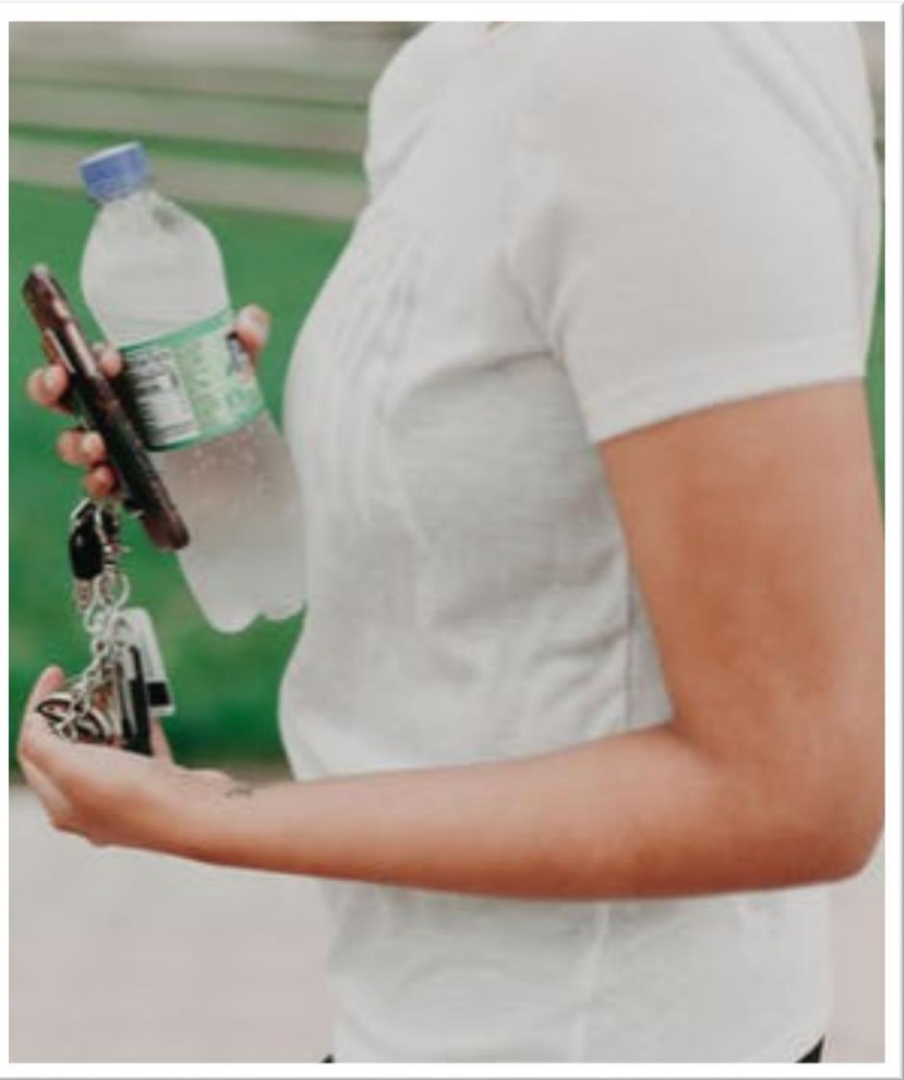
Tips for eating healthy



- Stay hydrated.
- Drink water. This will help you reduce cravings and feel fuller.
- Don't skip meals.
- Eat at about the same time each day, if you can.
- Get active!
- Plan your meals.
- Buy healthy food at the shop.



Drink water every day



Benefits of Drinking Water



 Weight Loss

 Digestion

 Brain

 Skin

 Headache Cure

 Energy

 Better Exercise

Calorie count

Food Amount Calories

- Bacon 2 slices **92**
- Brown rice 1/2 cup **108**
- Carrots 1/2 cup **26**
- Egg 2 **204**
- 1%. Milk 1 cup **105**
- Oatmeal 1/2 cup **83**
- Pancakes 2 medium **350**
- Strawberries 1/2 cup **30**
- Omelette 2 eggs **320**
- Whole grain toast 1 slice **75**



Look at the calories (in red):

- a) Which food has the most calories?
- b) Which food has the least calories?
- c) How many calories are there in 2 slices of bacon?

Tracking your lunch



Take note of what you have for lunch in one week:

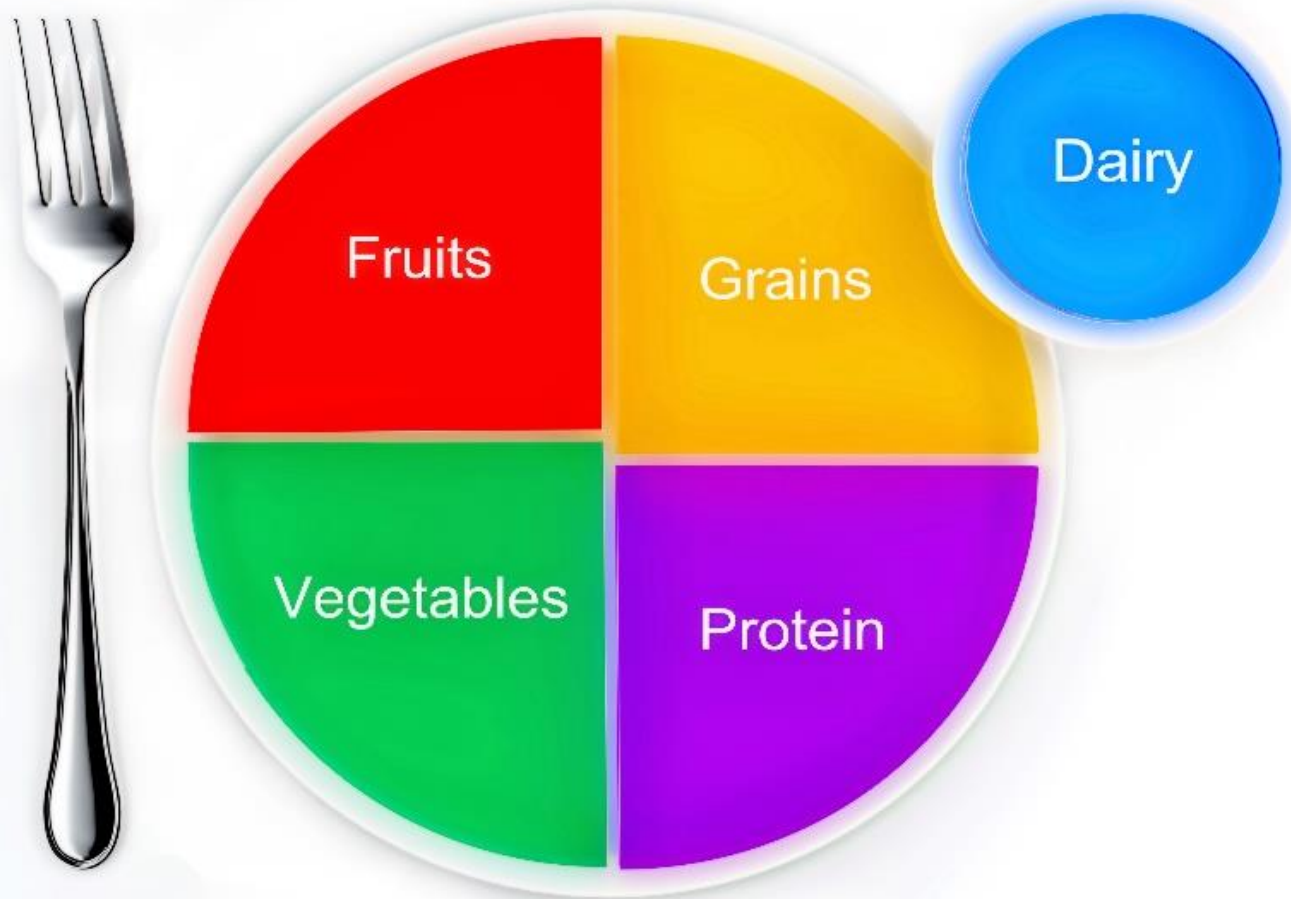
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Healthy snacks

- Almonds mixed with dried fruit
- Chopped raw vegetables and dip
- Chunks of avocado, cucumber, or cooked sweet potato
- Breadsticks with hummus
- Pretzels or popcorn
- Tortilla chips with bean dip
- Toasted whole grain breads or crackers with fruit spread
- Mini rice cakes with peanut butter
- Apple slices with hazelnut butter
- Fresh fruits
- Dried fruits, especially raisins
- Frozen bananas blended with a little non-dairy milk
- Applesauce or other fruit cups
- Soy yoghurt
- Soup with added vegetables



Balanced meals



Look at the Meals Slides and talk about which meals are healthy and balanced.

Talk about the meals.



Talk about the meals.



Talk about the meals.



Lunches around the world

What would Ireland's lunch box look like?



ITALY



GREECE



FRANCE



SPAIN



INDIA



SOUTH KOREA



JAPAN

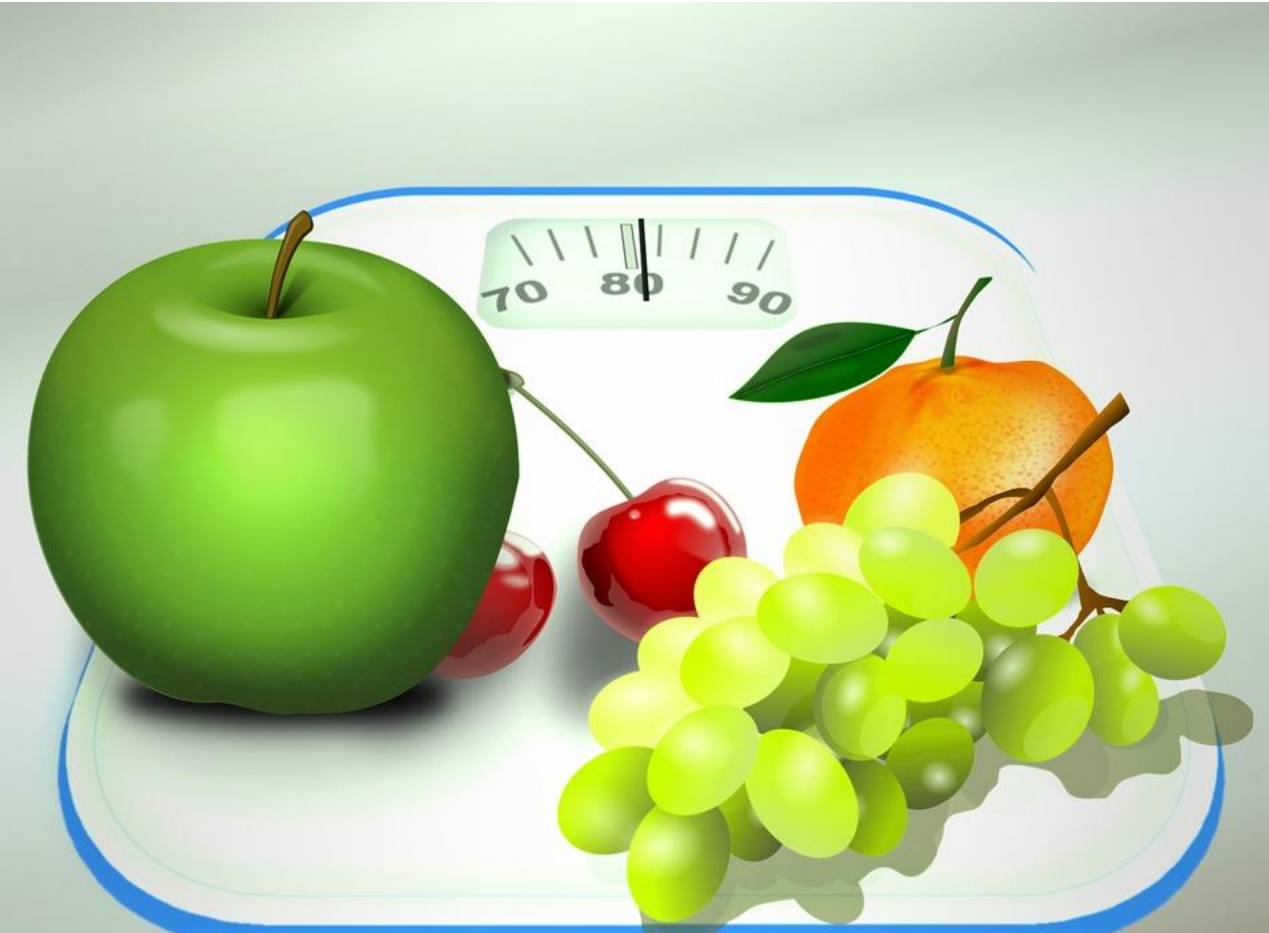


CHINA

Benefits of a healthy diet

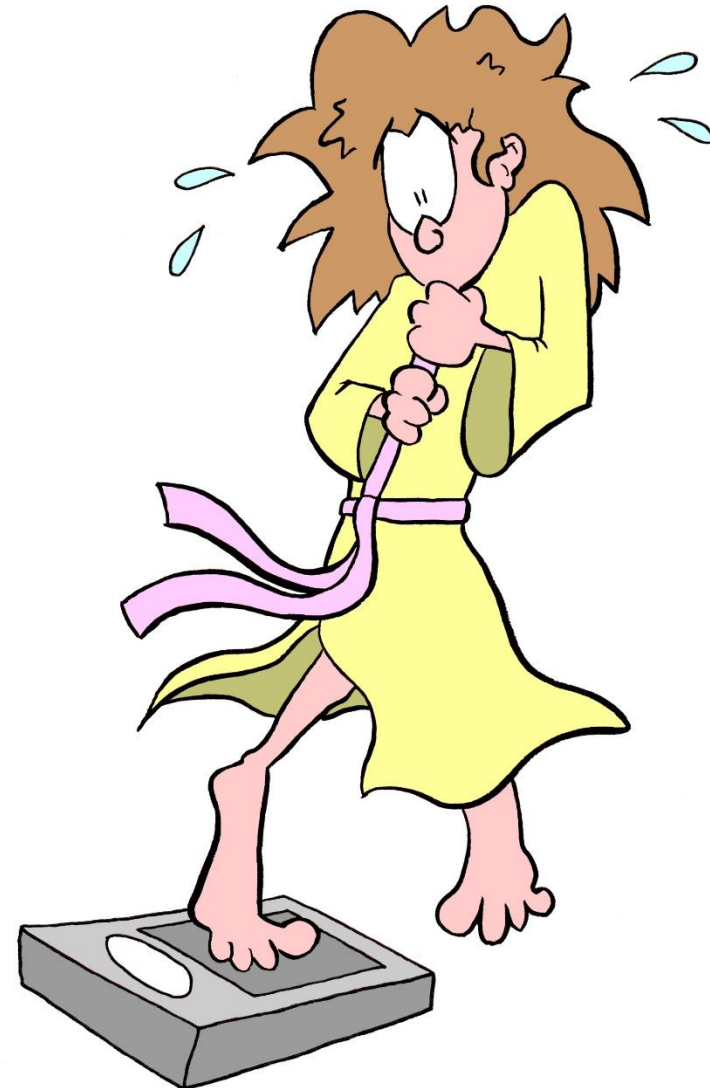


Controls your weight



- Eating a balanced diet can help control weight.
- Start the day with a healthy breakfast.
- Have at least five servings of fruits and vegetables per day. (low in calories and high in nutrients)

How many kg does this scale show?



grapefruit



brown rice



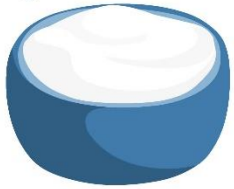
nuts



cayenne pepper



yogurt

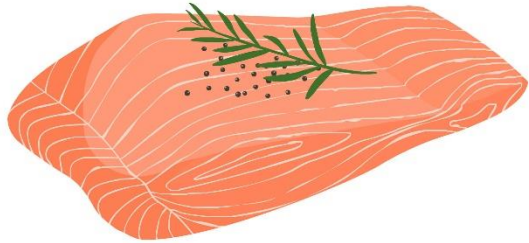


soy bean



10 Fat Burning Foods

salmon



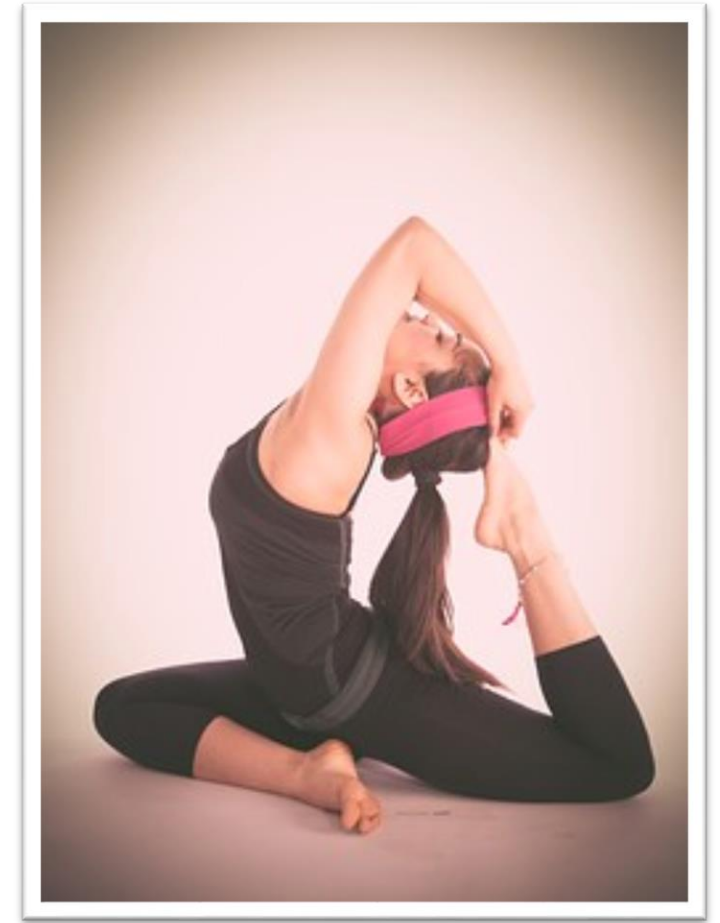
green tea



coconut oil



coffee



Improves your mood

- Eating a healthy diet and exercising can improve your mood.
- It can make you happier.
- Eating healthy will also help you feel more relaxed.
- You will cope better with stress.



Plan your meal



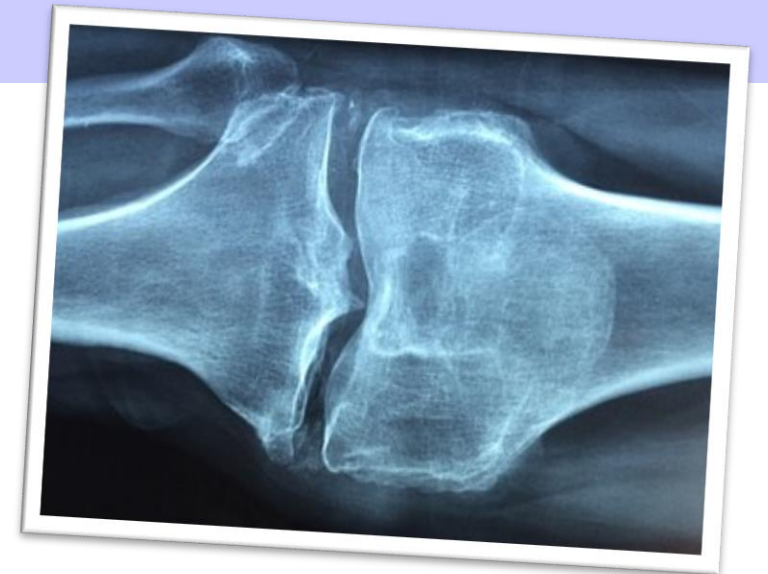
Why eat fruit and veg?

- Fruit and vegetables help to keep our bodies **healthy**.
- Fruit and vegetables have nutrients which our bodies need, e.g. **vitamins**, **fibre**.
- Our bodies needs **nutrients** to grow, get **energy** and stay healthy.
- Eat at least five portions every day.



Combats diseases

- Healthy eating habits can help prevent certain health conditions—such as heart disease, stroke, and high blood pressure.
- Healthy eating can keep cholesterol and blood pressure levels low.
- Exercise and a proper diet can help you prevent or manage a wide range of other health problems, e.g. diabetes, depression, certain types of cancer, and arthritis.



Staying healthy

- Stay away from food with higher levels of kilojoules, saturated fat, added sugars, added salt and/or alcohol.
- They are associated with increased risk of obesity and chronic disease such as heart disease, stroke, type 2 diabetes, and some forms of cancer.



Boosts energy

When you eat a balanced diet including whole grains, lean meats, dairy products, and fruits and vegetables, your body has the fuel that it needs to manage your energy level.



Better learning



Healthy students learn better. People with good nutrition are more productive and can think better! Your brain needs quality fuel to run efficiently. You will be able to think better, and do more, when your brain is working properly!

Improves longevity

When you practise healthy habits, you boost your chances of a longer life.

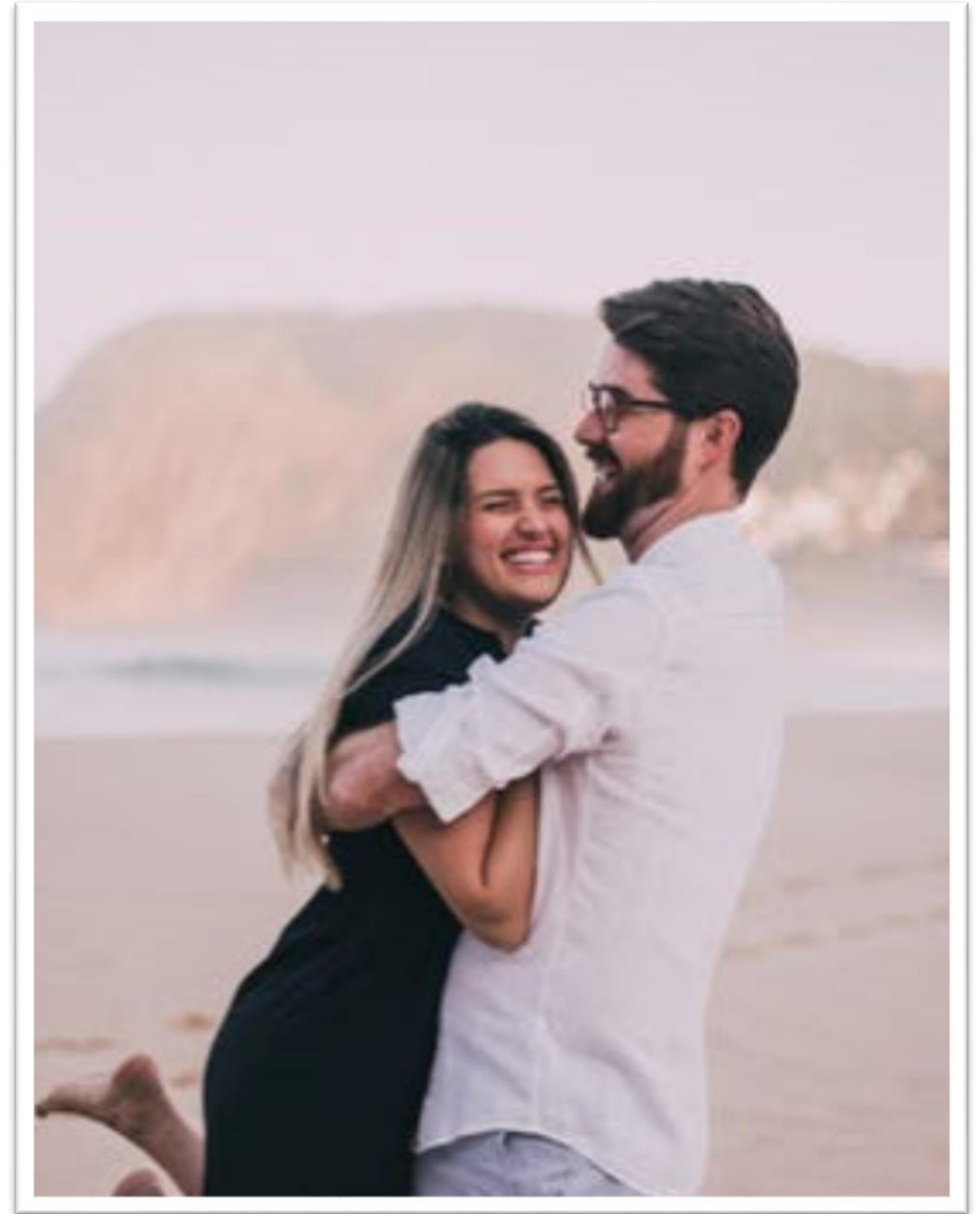
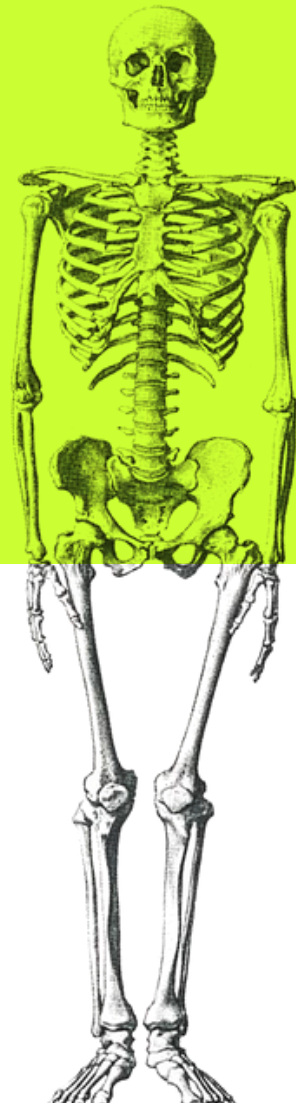


Eating can be a social event



A balanced diet.....

- Helps growth and development
- Gives you strong bones
- Helps dental health
- Improves your appearance



Read the words...

Antioxidants

FRUITS

ORANGES

GRAPES

RASPBERRIES

PEARS

STRAWBERRIES

ARTICHOKES

GREEN TEA

BRAN

WATERMELON

DISEASE

VEGETABLES

ORANGES

GRAPES

RASPBERRIES

PEARS

STRAWBERRIES

ARTICHOKES

GREEN TEA

BRAN

AVOCADO

ENZYMES

PLUMS

CARROTS

MANGOES

TOMATOES

LYCHEE

BEETS

PEACANS

POMEGRANATE

VEGETABLES

VEGETABLE OILS

CHERRIES

FRUITS

WELLNESS

KIWI

SPINACH

PREVENTION

NUTS

KALE

GRAPES

RASPBERRIES

PRUNE

PUMPKIN

CHERRIES

STRAWBERRIES

ARTICHOKES

GREEN TEA

BRAN

MILK

RED MEAT

VEGETABLES

AVOCADO

ENZYMES

PLUMS

CARROTS

WATERMELON

DISEASE

VEGETABLES

ORANGES

GRAPES

RASPBERRIES

PEARS

STRAWBERRIES

ARTICHOKES

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AVOCADO

ENZYMES

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KIWI

SPINACH

PREVENTION

NUTS

KALE

GRAPES

RASPBERRIES

PRUNE

PUMPKIN

CHERRIES

STRAWBERRIES

ARTICHOKES

GREEN TEA

BRAN



Top Ten Tips To A Healthy Happy Heart

1. Add some fibre to your breakfast.
2. Eat your fruit with the peel on!
3. Include some berries in your smoothie.
4. Go low fat with your cheese.
5. Say no to transfat! Read the food labels.
6. Change your grains (bread, crackers, pasta and tortillas) to 100% whole grains.
7. Add some beans to your dinner.
8. Add a handful of nuts in your salad, low fat yogurt, or as a little snack.
9. Put the music on and dance!
10. Your heart is a muscle and loves a good workout. It needs exercise every day to be strong.



Diabetes

The number of people in the world who have diabetes is growing.



CANCER FIGHTING FOODS



FISH



TOMATOES



MUSHROOMS



SEEDS



BROCCOLI



AVOCADO



CARROT



GARLIC



SPINACH



NUTS



HEALTHY EATING



LEARN ABOUT
WHAT YOU
SHOULD EAT



BUY
ORGANIC

EAT
MORE
GREEN



FILL
YOUR DIET
WITH
VEGETABLES



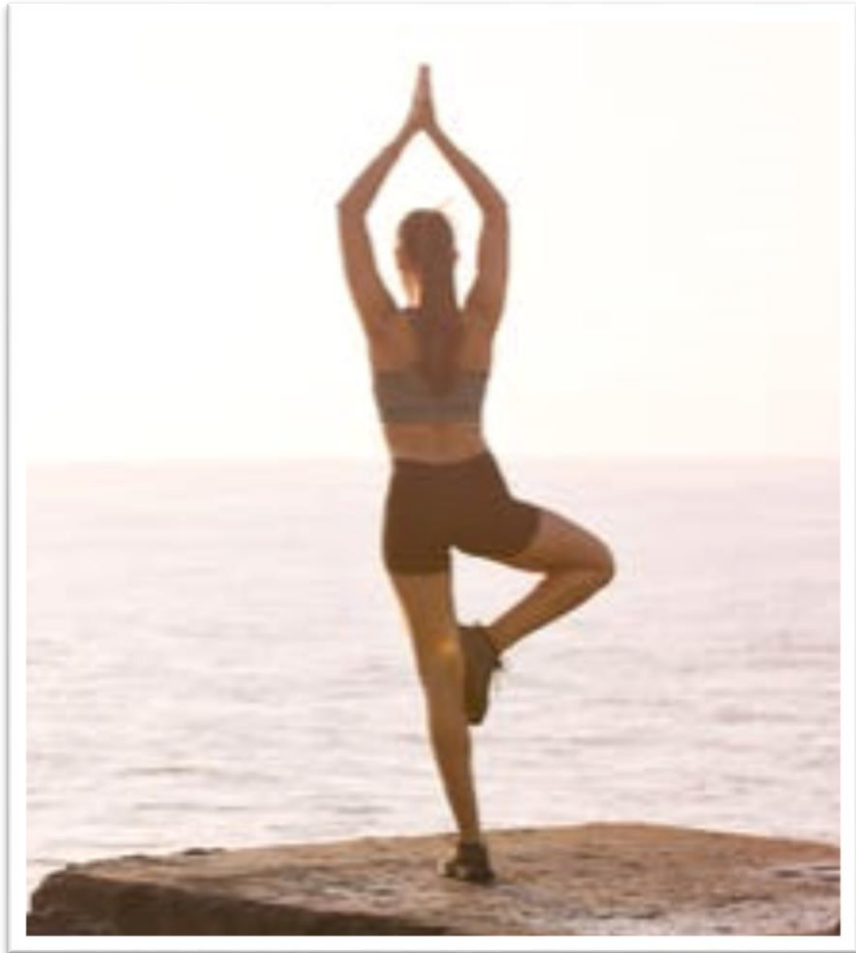
FRUIT
IS REAL
FAST FOOD



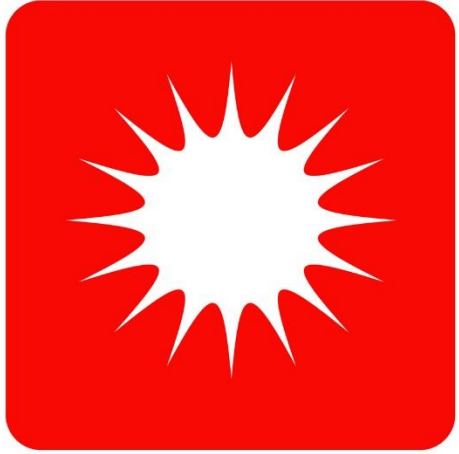
LESS SODA
MORE WATER



Life balance



THE SIX BEST DOCTORS



SUNSHINE



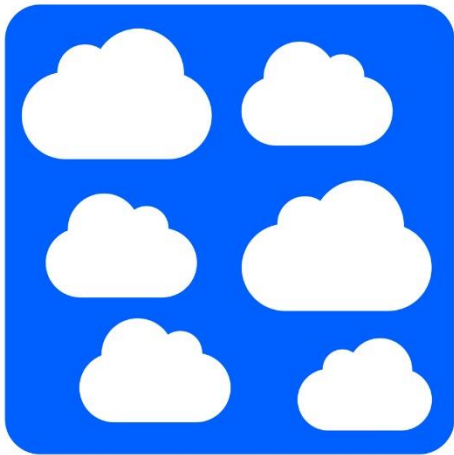
WATER



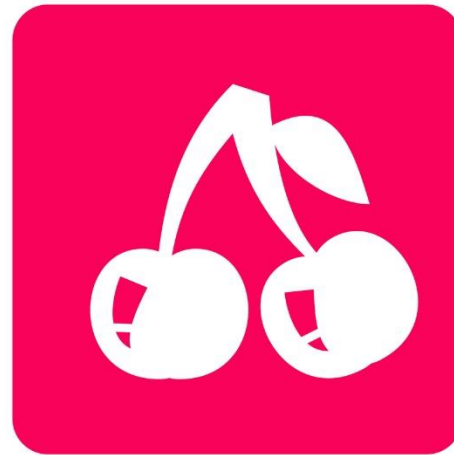
REST



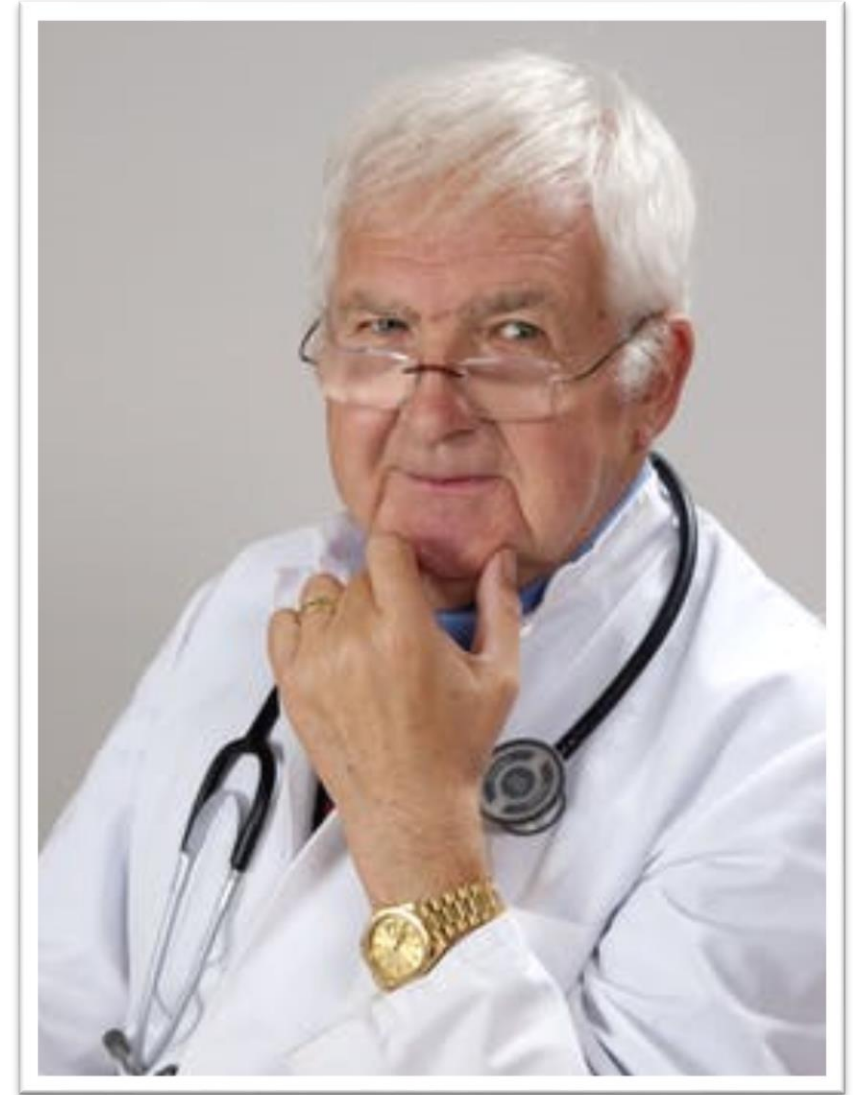
EXERCISE



CLEAN AIR



DIET



Preparation of healthy meals



Talk about the meal.



Talk about the meal.



Talk about the meal.



Talk about the meal.



French toast



Directions

- Measure flour into a large mixing bowl. Slowly whisk in the milk. Whisk in the salt, eggs, cinnamon, vanilla extract and sugar until smooth.
- Heat a lightly oiled frying pan over medium heat.
- Soak bread slices in mixture until saturated. Cook bread on each side until golden brown. Serve hot.

Circle the ingredients.

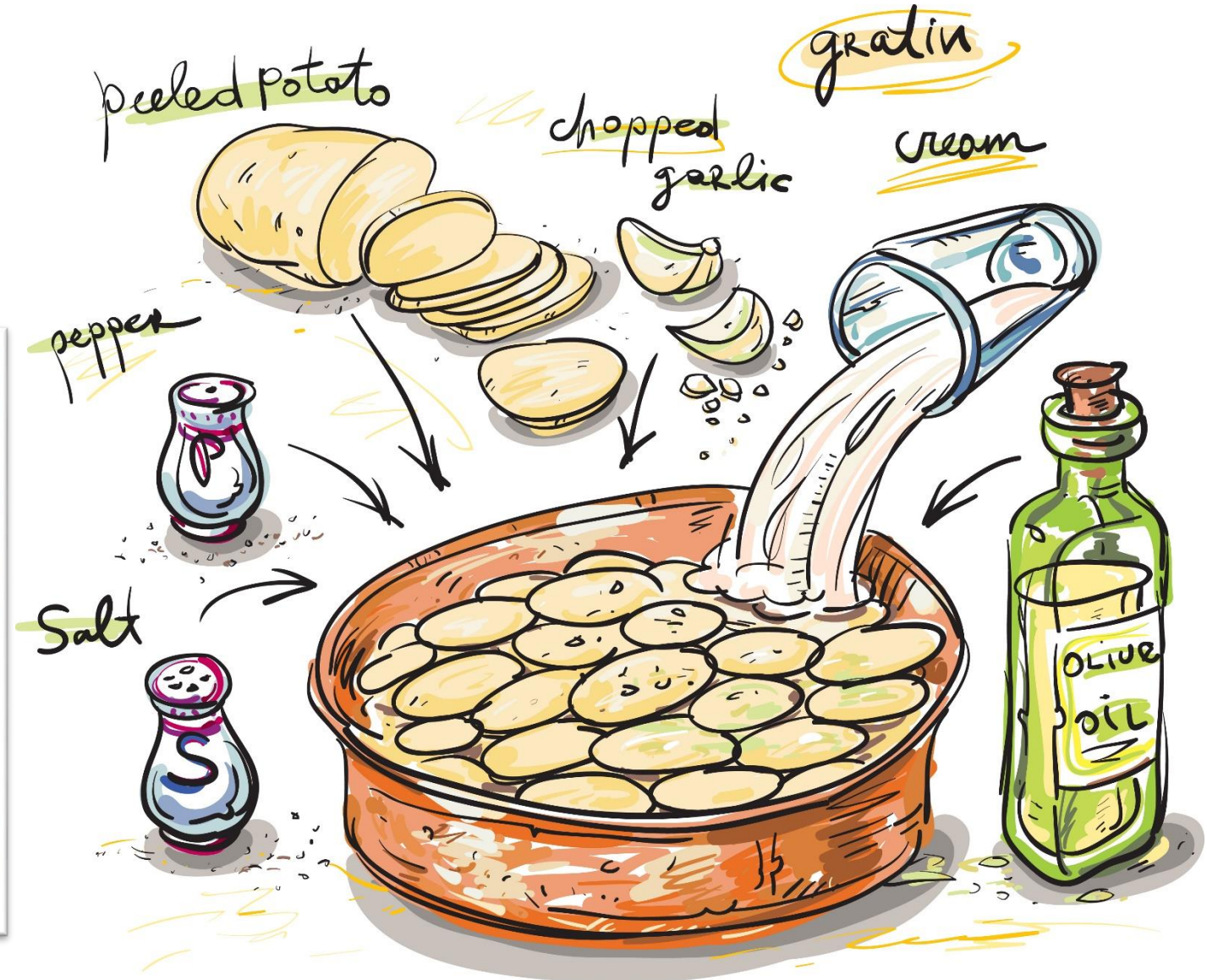
How to make chicken breast

1. Preheat oven to 200 degrees C.
2. Rub chicken breasts with olive oil.
3. Sprinkle both sides with salt and barbecue seasoning.
4. Place chicken in a pan.
5. Bake in the oven for 10 minutes. ...
6. Remove chicken from pan.



Making a potato bake

What is the recipe?



Tips for healthy eating

Things I will do:

- Eat a healthy breakfast
- Drink less soda
- Choose low-fat or fat-free milk
- Look for healthy recipes
- Learn to read the Nutrition Facts label
- Try to make sure to get enough calcium
- Cut down on salty foods and snacks
- Avoid eating while watching TV
- Aim for making half my plate fruits and veggies
- Switch to healthier snacks, like carrot sticks or air-popped popcorn
- Eat fish or other seafood twice a week
- Think about how terrific it is to take care of my health!



Preparing balanced meals



- Assist in the preparation of a well-balanced breakfast dish or meal
- Assist in the preparation of a well-balanced lunch or dinner dish or meal

Kitchen health and safety



The Basics: Clean, Separate, Cook and Chill

You can help prevent food poisoning from bacteria and viruses by following simple steps:

1. Clean
2. Separate
3. Cook
4. Chill



9WAY Cleaning vegetables



water
⌚ 2 min
👤 25-63%



peel and water
⌚ 5-10 min
👤 27-72%



charcoal powder
⌚ 20 min
👤 ? %



boil
⌚ 5 min
👤 50%



Vinegar
⌚ 10-15 min
👤 60-84%



**water from
washing rice**
⌚ 10 min
👤 29-38%



salt
⌚ 10 min
👤 27-38%



soak
⌚ 15 min
👤 7-33%



baking soda
⌚ 15 min
👤 90-95%



How can food make us sick?

Food can be contaminated by:

- Bacteria on hands
- Uncovered coughs and sneezes
- Storing food incorrectly
- Mixing raw and cooked food
- Undercooked foods
- Leaving food out
- Unclean kitchen



Clean

- Wash your hands with warm water and soap for at least 20 seconds before and after you touch food.
- Wash countertops often.
- Wash kitchen items, e.g. chopping boards, with hot soapy water.
- Rinse fresh fruits and vegetables under running tap water.



Separate foods



- Don't mix raw with cooked!
- Separate raw meat, poultry, seafood and eggs from other foods.
- Use separate chopping boards.
- Keep raw foods separate from cooked foods.

Cook

- Cook foods to the right temperature.
- You can use a food thermometer.
- Cook eggs until the yolk and white are firm, not runny.
- Make sure there are no cold spots in food.
- Rotate the dish once or twice during cooking.



Chill

- Refrigerate right away - don't wait..
- Food must be kept at a safe temperature when defrosting it. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave.
- Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Don't forget to throw out food that has been in the refrigerator for more than four days.

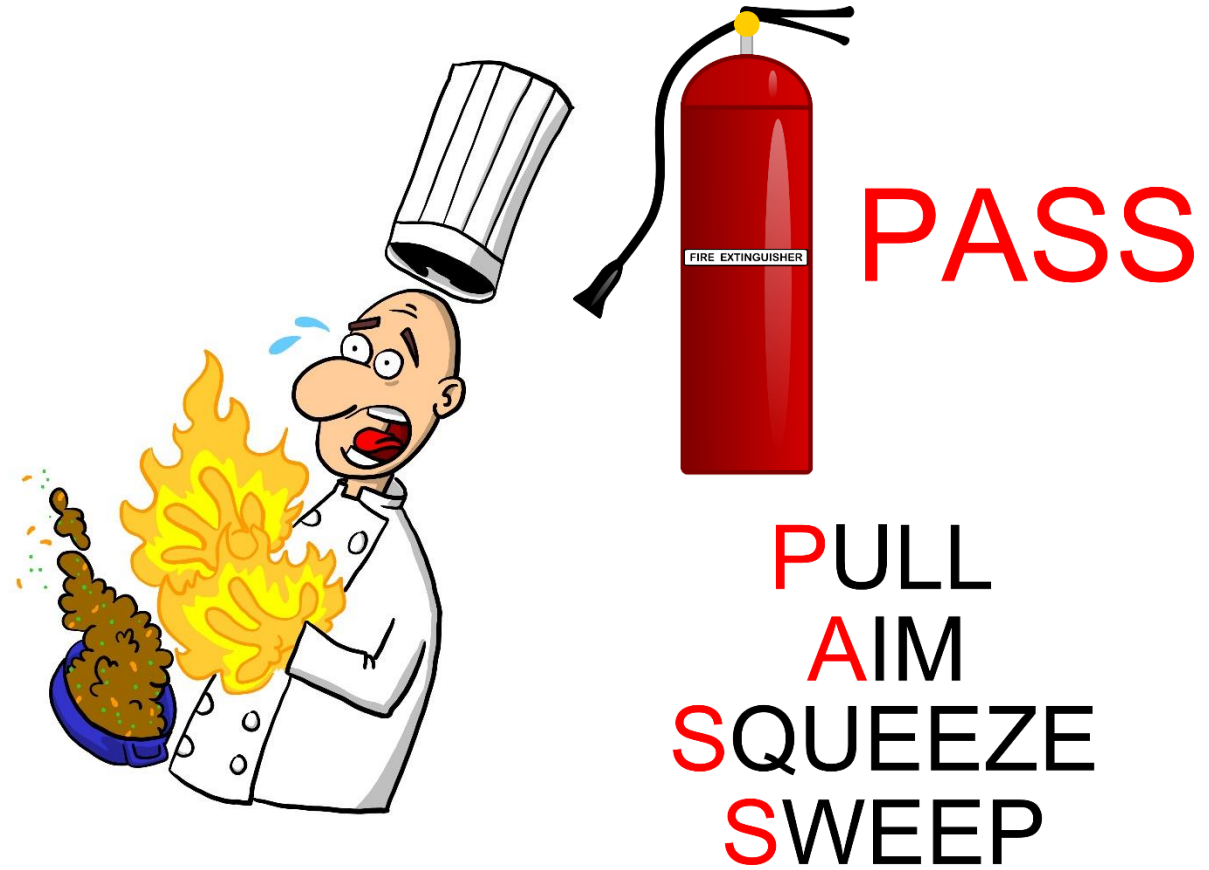
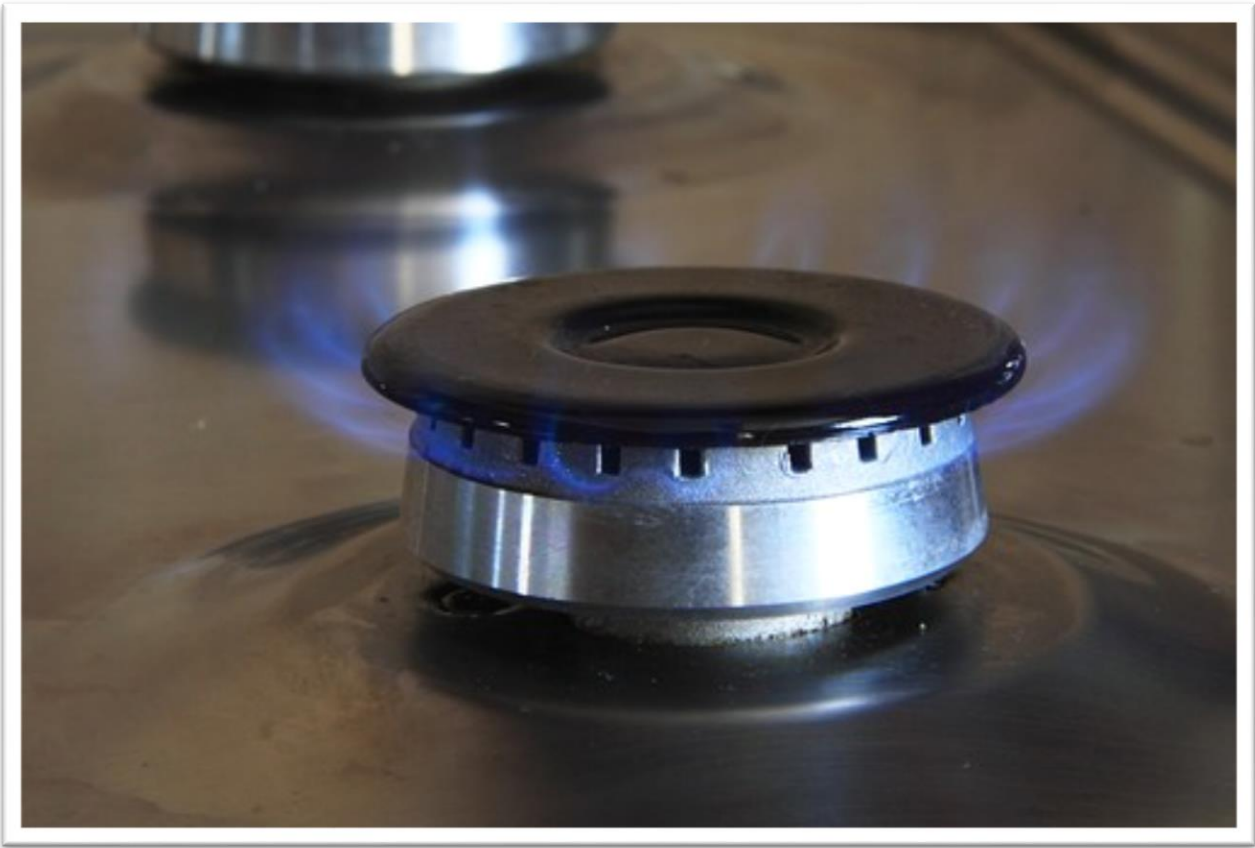


Hazards

- Can you see any hazards?

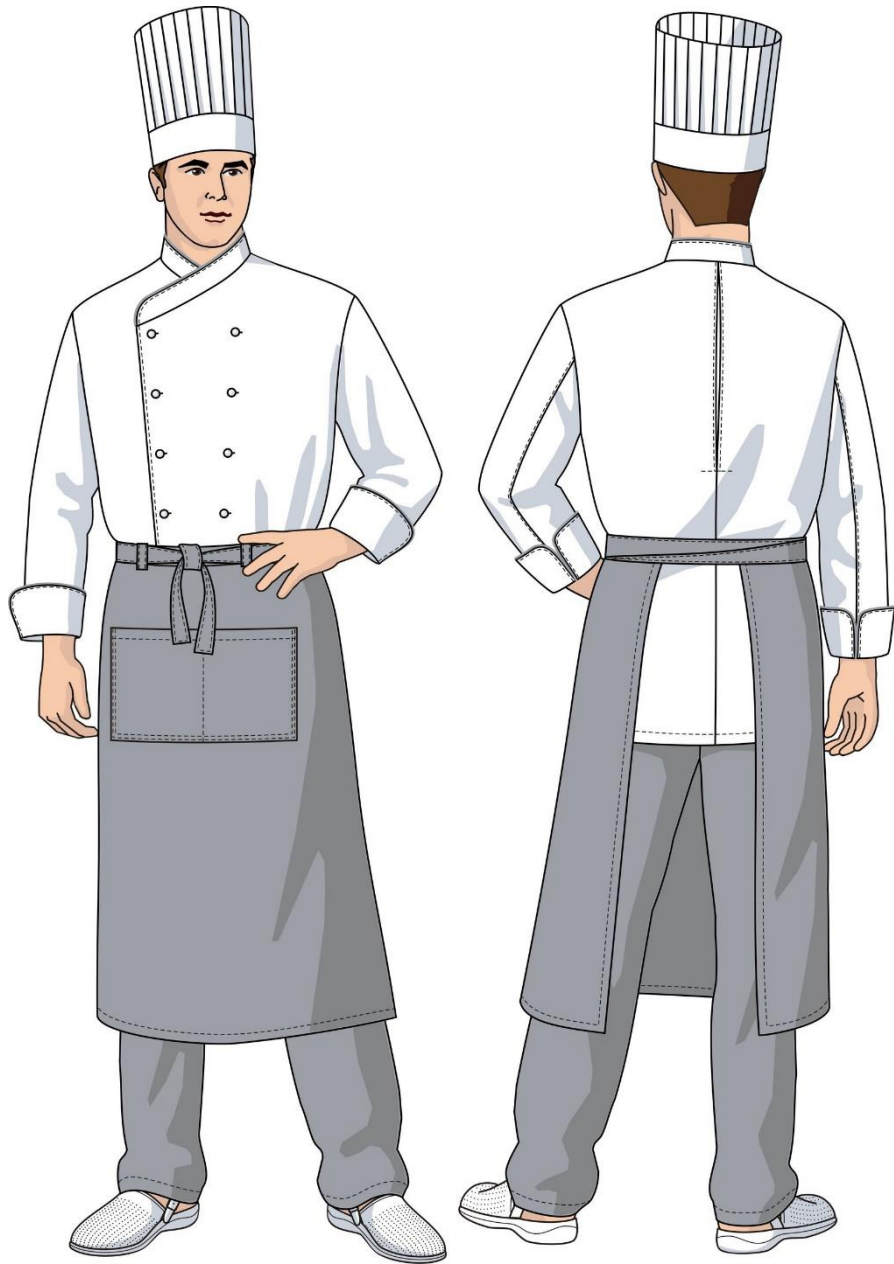


Fire safety



**KITCHEN TIP:
KEEP BAKING SODA ON HAND
TO COMBAT CULINARY FIRES**





Why wear
an
apron?



Hygiene in the kitchen

- Tie long hair back.
- Take off any jewellery.
- Wash your hands with soap and water.
- Make sure your working surface is clean and has been disinfected.
- If you need to sneeze or cough, move away from the food to do it.
- Throw away any food that has fallen on the floor.
- Wash your hands again if you lick your fingers, sneeze, cough or touch your hair.



hygiene government grocery department shellfish contamination
 expiration date virus radiation kitchen consume
 meat processing inspectors department shellfish
 temperature bacteria cooking kitchen consume
 regulated healthy freshness
 freeze raw moisture
 consumers microorganism cleanliness e coli virus
 storage hazards
 illness sanitized preparing salmonella
 handling botulism

FOOD SAFETY

Read the words.



Different diets



KETO



PALEO



VEGETARIAN



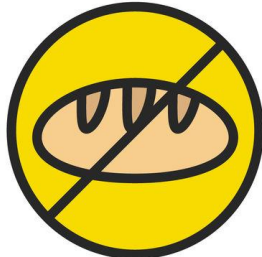
VEGAN



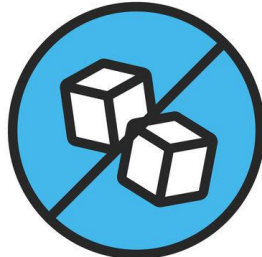
MEDITERRANEAN



RAW



LOW CARB



NO SUGAR



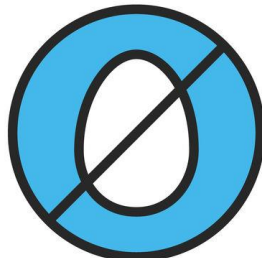
NUT FREE



DAIRY FREE



GLUTEN FREE



EGG FREE

Checklist

CHECKLIST

<input checked="" type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input checked="" type="checkbox"/>	_____
<input checked="" type="checkbox"/>	_____
<input checked="" type="checkbox"/>	_____
<input checked="" type="checkbox"/>	_____
<input type="checkbox"/>	_____

Fill in the checklist. Tick the health, safety and hygiene procedures you followed in the kitchen.