

YR8 Knowledge Organiser: Topic 1-Making Informed Choices About Health

Balanced Diet

A balanced diet includes the correct proportions of food groups and nutrients to support overall health and wellbeing.

Based on the **Eatwell Guide**:

Eating a variety of foods ensures the body receives all essential nutrients: protein, fat, carbohydrates, vitamins, and minerals.

The Eatwell Guide helps plan meals that are balanced, nutritious, and suited to different dietary needs.



8 Tips for Healthy Eating:

1. Base meals on starchy foods (preferably wholegrain).
2. Eat at least five portions of fruit and vegetables daily.
3. Include two portions of fish weekly, one of which should be oily.
4. Reduce intake of saturated fat and added sugars.
5. Limit salt to no more than 6 grams per day.
6. Be physically active for at least 60 minutes a day.
7. Drink 6 to 8 cups or glasses of fluids daily.
8. Eat breakfast to provide energy and nutrients at the start of the day.

Energy Balance is the relationship between energy consumed from food and energy expended through physical activity and bodily functions.

Positive energy balance: Consuming more calories than used, leading to weight gain. This can occur when portion sizes are too large, or activity levels are low.

Negative energy balance: Using more calories than consumed, leading to weight loss. This can be caused by illness, eating too little, or high activity levels.

Energy is needed for movement, brain function, digestion, and maintaining body temperature.

Maintaining balance is key for:

- * Supporting healthy growth and development.
- * Preventing obesity, type 2 diabetes, and heart disease.
- * Ensuring energy is available for learning, physical activities, and daily living.

Nutritional Needs Through Life

Babies (0-6 months)

Breast milk or infant formula (provides carbohydrates, fats, protein, vitamins, minerals). Supports rapid growth, brain development, and immune system function. Fat is essential for brain development; protein helps build body tissues.



Toddlers

Protein, calcium, iron, Vitamins A, C, and D, energy.

Protein supports muscle growth; calcium and Vitamin D build bones; Vitamin A supports vision and immune system; Vitamin C aids healing.

Meal example: Toddlers: Mashed sweet potato with soft cooked lentils and cheese; fruit slices as snacks.



Infancy (6-18 months)

Iron, Vitamin D, calcium, energy, Vitamin C.

Iron supports brain development; Vitamin D and calcium are essential for bone and teeth growth; Vitamin C helps iron absorption; energy needed for movement and growth.

Meal example: Pureed vegetables like carrots and peas, and iron-fortified baby rice after six months.



Children

Carbohydrates, protein, fibre, calcium, Vitamins A & D.

Carbohydrates provide energy for school and play; calcium and Vitamin D strengthen bones; fibre aids digestion; protein for growth.

Meal example: Grilled chicken with wholegrain rice and broccoli; yoghurt with berries for dessert.



Adults

Balanced intake of all nutrients, fibre, calcium, unsaturated fats, limited sugar and salt.

Maintains body function and energy; fibre aids digestion; unsaturated fats support heart health; calcium continues to support bones.

Meal example: Baked salmon with new potatoes and green beans; fruit salad and natural yoghurt.



Lactating Women

Protein, calcium, fluids, energy, Vitamins A and C. Protein and energy support milk production; calcium protects maternal bone stores; Vitamins A and C support baby's immunity.

Meal example: Chicken and vegetable pasta bake; smoothies made with milk, banana, and oats.



Teenagers

Protein, calcium, iron, energy, Vitamins B and C.

Support for rapid growth and hormonal changes; iron prevents anaemia, especially in menstruating girls; B vitamins aid energy release.

Meal example: Beef stir-fry with vegetables and noodles; wholegrain toast with peanut butter as a snack.



Older Adults

Fibre, calcium, Vitamin D, Vitamin B12, fluids, protein. Protein preserves muscle; fibre aids digestion; Vitamin B12 supports the nervous system; calcium and Vitamin D help prevent osteoporosis.

Meal example: Vegetable soup with wholegrain bread; stewed fruit with custard.



Cooks



Paella: Food skills

- Handling raw meat.
- Chopping
- Using the hob
- Sautéing



Fruit Crumble: Food skills

- Rubbing in
- weighing ingredient's
- Chopping
- Using the oven



Puff pasty Christmas tree: Food skills

- Rolling out
- Knife skills
- Using the oven



Chicken savoury: Food skills

- Handling raw meat.
- Chopping
- Using the hob



Sausage pasta: Food skills

- Handling raw meat.
- Chopping
- Using the hob

IMPORTANT!!- Always check the classroom for your set ingredients and what practical you have.

Revision Questions

1. What are the five food groups shown on the Eatwell Guide?
2. What is meant by 'energy balance' and why is it important for health?
3. Name two health conditions that can result from a poor energy balance.
4. How do the nutritional needs of babies differ from those of teenagers? Give one example.
5. Give an example of a balanced meal suitable for an older adult and explain why it is appropriate.

Key words

Balanced Meal

Sauteing

Energy balance

Physical activity level (PAL)

Basal metabolic rate (BMR)

Kilocalories

Rubbing - in method

Life stage

Nutritional need

Steaming