

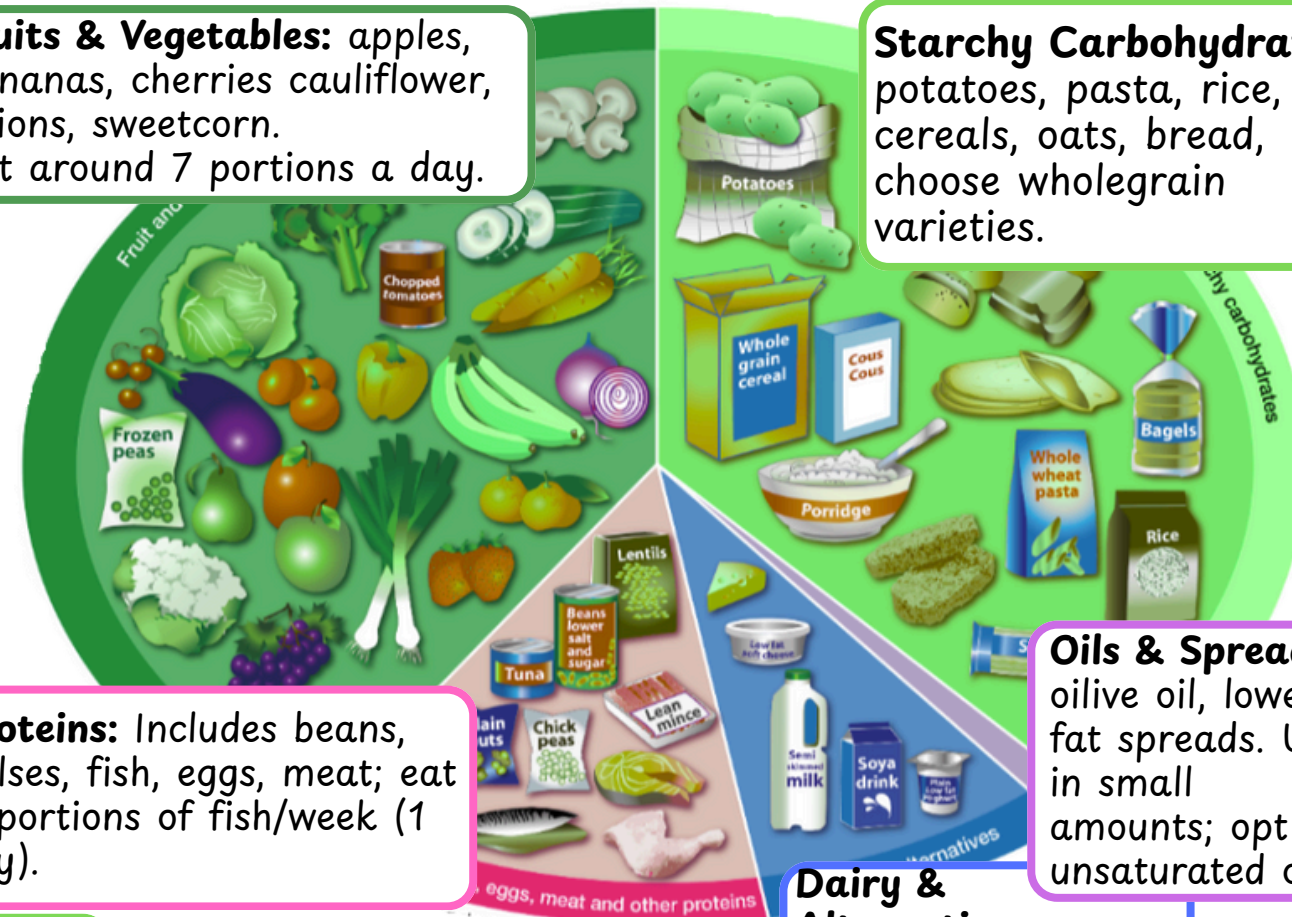
YR7 Knowledge Organiser: The Eatwell Guide & Nutrients

The Eatwell Guide

Shows the proportions of different food groups needed for a balanced diet:

Fruits & Vegetables: apples, bananas, cherries cauliflower, onions, sweetcorn. Eat around 7 portions a day.

Starchy Carbohydrates: potatoes, pasta, rice, cereals, oats, bread, choose wholegrain varieties.



Proteins: Includes beans, pulses, fish, eggs, meat; eat 2 portions of fish/week (1 oily).

Other important info: Drink 6-8 glasses of water a day. Limit foods high in fat, salt, and sugar.

Dairy & Alternatives: cheese, yoghurt, milk. Choose lower fat & sugar options.

Oils & Spreads: olive oil, lower fat spreads. Use in small amounts; opt for unsaturated oils.

PROTEIN



Sources: Meat, fish, eggs, dairy, beans, lentils, soya.

Function: Growth, repair, maintenance of body tissues.

Excess: Can strain kidneys; can be stored as fat if not used up.

Deficiency: Muscle loss, poor growth, weak immune system.

Subgroups: HBV: animal sources, soya, quinoa. LBV: plant sources (e.g., beans, nuts).

Protein Complementation: combining at least 2 LBVs in one meal for all essential amino acids.

FAT



Sources: Butter, oils, nuts, seeds, fatty meats, fish.

Function: Energy, insulation, protection of organs, absorbs vitamins A, D, E, K.

Excess: Weight gain, diet-related diseases e.g. heart disease.

Deficiency: Dry skin, vitamin deficiencies.

Subgroups: Saturated: from animal sources, increase cholesterol. Unsaturated: from plants/fish, healthier option.

CARBOHYDRATES



Sources: Bread, pasta, rice, potatoes, sugary foods.

Function: Main source of energy.

Excess: Weight gain, risk of type 2 diabetes.

Deficiency: Tiredness, poor concentration.

Subgroups: Starchy: slow-release energy (e.g., wholegrains). Simple: quick energy (e.g., sugar, sweets).

VITAMINS



Sources: Fruit, vegetables, dairy, eggs, sunlight (Vit D).

Function: Support immune system, vision, bone health, energy release.

Excess: Toxic amount in the body (rare, mainly from consuming too many supplements).

Deficiency: Various health conditions (e.g., scurvy, rickets).

Subgroups: Fat-soluble vitamins: A, D, E, K and Water-soluble vitamins : B-group, C

MINERALS



Sources: Meat, dairy, leafy greens, nuts, seeds.

Function: Bone health, fluid balance, nerve/muscle function.

Excess: Can interfere with absorption of other minerals.

Deficiency: Weak bones, anaemia, cramps.

Cooks

Chicken curry: Food skills

- Handling raw meat
- grate and crush.
- Slice
- Simmer and boil.



Scone: Food skills

- Weighing
- Rubbing in method
- Safety
- Using the oven



Chicken goujons: Food skills

- Enrobing
- Using the oven.
- Handling raw meat.
- Slicing .



Stir fry: Food skills

- Measure.
- Crush.
- Slice and shred.
- Stir fry.
- Simmer and boil.
- Drain.



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

Key words;

Starch Carbohydrates Macronutrient High biological protein Low biological protein
Eatwell Guide Protein Fats Saturated fat Unsaturated fat.

Revision Questions.

What are the five food groups in the Eatwell Guide and why should we include them all, in the correct proportions, in our diets?

What is the difference between high biological value (HBV) protein and low biological value (LBV) protein? Give one example of each.

Why are unsaturated fats considered healthier than saturated fats?

What is meant by “protein complementation,” and why is it important for vegetarians?

Explain the difference between starchy carbohydrates and simple carbohydrates, giving one example of each.