

# FACTFILE: GCSE HOSPITALITY

## Unit 1



### The Eatwell Guide

#### Learning Outcomes

Students will:

- Recognise the components of a healthy diet.

The NHS ([www.nhs.uk](http://www.nhs.uk)) explains 'eating a healthy balanced diet is an important part of maintaining good health, and can help you feel your best.' Establishments within the hospitality industry must provide customers with healthier food options as well as catering for special diets such as allergies, food intolerances and culture and lifestyle diets.

The Food Standards Agency (FSA) created The Eatwell Guide to inform consumers of what is needed to have a well-balanced and healthy diet. The Eatwell Guide is divided into the following sections:

- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Fruit and vegetables
- Beans, pulses, fish, eggs, meat and other proteins
- Dairy and alternatives
- Oils and spreads



<https://www.food.gov.uk/northern-ireland/nutritionni/eatwell-guide>

The Eatwell Guide identifies the foods that are included within each food group and how much of each food group should be consumed over the period of a day or even a week. It also highlights foods that should be eaten less often and in small amounts as well as identifying the best drinks to choose as part of a healthy diet.

A healthy well-balanced diet should provide all the key nutrients required to keep the body functioning correctly. The key nutrients provided by each food group within the Eatwell Guide are identified in the table below.

Food group	Key nutrients provided by foods within the food group
Potatoes, bread, rice, pasta and other starchy carbohydrates	Carbohydrate, B Group Vitamins, Calcium
Fruit and vegetables	Carbohydrate, Vitamin A, Vitamin C, Water
Beans, pulses, fish, eggs, meat and other proteins	Protein, Fat, Vitamin D, Iron
Dairy and alternatives	Calcium, Fat, Protein, Vitamin D
Oils and spreads	Fat, Vitamin A, Vitamin D

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All nutrients have a key role in helping consumers achieve optimal health. We can have a balanced diet when we eat a range of different foods that provide us with the nutrients we need in the correct proportions.

### Protein

Protein is needed for the growth and repair of body tissues and can also be used as a secondary source of energy. Protein is particularly important for toddlers and children to aid growth and important for adults to recover from damaged tissues and illness. Typical protein foods include meat and poultry, fish, eggs, pulses and nuts.

### Carbohydrate

The main function of carbohydrates is to provide the body with energy. Energy is needed to make our muscles move and therefore required for physical activity and exercise. Energy is also needed for growth and repair of body tissues and to maintain a constant body temperature (37°C). Children and adolescents need to increase their energy requirements to meet the demands of growth and development. Typical carbohydrate foods include bread, rice, pasta, oats, breakfast cereals and potatoes.

## Fat

Fat is needed within the body to provide a concentrated source of energy. Fat is also needed to keep the body warm and used to insulate and protect vital organs. Fat is particularly important for adolescents due to the increased energy requirements to help growth however the intake of fat must be monitored. Excess fat can be closely linked with many health problems such as obesity and coronary heart disease.

- Saturated fat can be found in meat, eggs, dairy products and butter and is closely linked with the increase of coronary heart disease.
- Unsaturated fat is often described as 'good fat' and can be found in olive oil or sunflower oil, olives and avocados. Unsaturated fat is often linked with helping lower cholesterol, a risk factor for coronary heart disease.
- Essential fatty acids such as Omega 3 and Omega 6 can help prevent coronary heart disease. Essential fatty acids are often found in oily fish, margarine, nuts and seeds.

## Minerals

Minerals are essential nutrients needed within the body to build strong bones and teeth and to generally keep us healthy. Calcium and Iron are the most important minerals needed however there are also many other types of minerals that are needed within a healthy, balanced diet.

Calcium is essential for the development of strong bones and teeth and assists nerve and muscle function. Typical foods that provide calcium include dairy foods including milk and cheese, green leafy vegetables, white bread, fish (containing bones) and nuts.

Iron is needed to form haemoglobin in red blood cells, to transport oxygen around the body. Iron also boosts energy stores within the body and is needed for the functioning of the immune system. Haem iron is easily absorbed by the body and can be provided from animal sources such as meat and liver whereas non-haem iron is mainly from plant sources such as beans, nuts, dried fruit and green leafy vegetables and is not easily absorbed by the body.

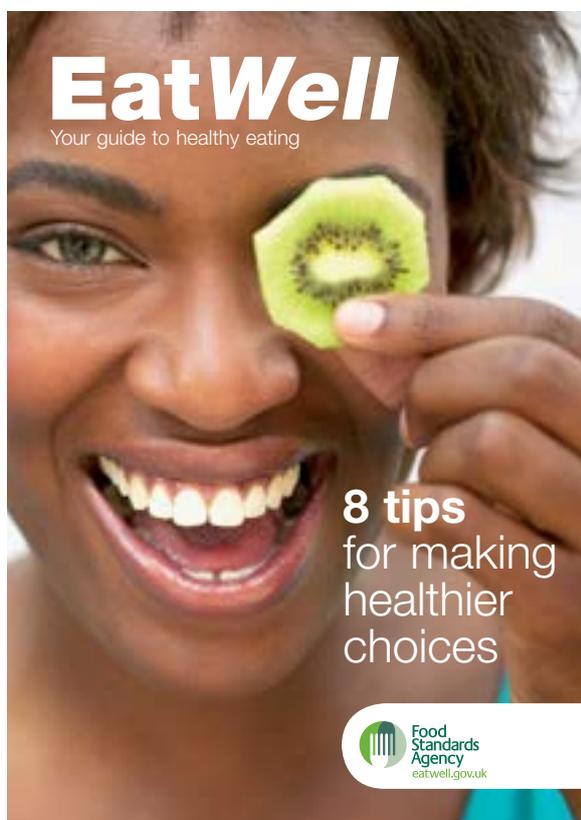
## Vitamins

Fat-soluble vitamins are found mainly in fatty foods and animal sources such as meat, eggs and fish. The body stores these vitamins in the body and uses them when required so therefore foods containing fat-soluble vitamins do not need to be eaten every day. Fat-soluble vitamins include Vitamin A and Vitamin D. Vitamin A helps to promote a healthy immune system, eyesight and skin and Vitamin D is required to regulate the absorption of calcium within the body.

Water-soluble vitamins are not stored within the body and are therefore required within the diet more frequently. Water-soluble vitamins include Vitamin C and B group vitamins and are commonly found in fruit, vegetables, potatoes and dairy foods. Vitamin C helps the body absorb iron from food and is also used to help keep cells healthy. B group vitamins have a number of functions including promoting healthy blood and assisting the body with the release of energy from food.

The Food Standards Agency identifies '8 tips for eating well'. These are:

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish – including 1 portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – no more than 6g a day.
6. Get active and try to be a healthy weight.
7. Drink plenty of water.
8. Don't skip breakfast.



These tips help consumers to ensure they are getting a healthy, balanced diet and eating the right amount of food for how active they are.

**Activity**

- Divide into eight groups. Each group will focus on a different one of the '8 tips for eating well'.
- Gather information of the relevant tip for eating well so that you can present the information to the other groups. You will need to explain why the tip is important for healthy eating and how to put the tip into practice as well as examples of recipes that could be used or modified to meet the advice of the '8 tips for eating well'.
- Present the information to the other groups using a suitable method such as producing a factsheet, information leaflet, poster or a PowerPoint presentation.

