# Understanding Nutrition and Health Level 2

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# Explore the principles of healthy eating

R/505/2204



# The five food groups

It is not easy to relate nutrients in food to real foods so a system has been developed that allows for dietary planning based on food choices. This system divides food into **food groups,** according to the different nutrients they contain. Because different foods contain different nutrients, by choosing foods from the different food groups every day the diet will be balanced. This is exactly the same as eating a wide variety of foods.

There are five food groups. We must consume food from each of the food groups to achieve the **Balance of Good Health (BOGH).** This is a government initiative designed to help individuals to eat a balanced diet and part of the Eatwell Plate scheme. The five food groups are listed in the table overleaf, along with the main nutrients they provide.



### Why eat less salt?

On average adults eat over nine grams of salt per day. A high salt intake can cause an **increase in blood pressure** in some people. High blood pressure increases the risk of stroke and heart disease. This is because it puts extra strain on the heart. Eating less salt is recommended for all age groups.

Unfortunately it is difficult to achieve a low salt intake because many 'basic' foods such as bread, breakfast cereal and crackers all contain a lot of salt.

Additionally, the salt content of food is often labelled in terms of **sodium**. Table salt is a substance called **sodium chloride**, and it is the sodium part that causes problems in the body. One gram (1g) of sodium in food is equivalent to 2.5g of sodium chloride. This makes it difficult for shoppers to recognise high salt foods from food labels.

RECOMMENDATIONS OF SALT INTAKE ARE / FOLI/ WS:			
o to 12 months	Les than 💪 per day		
1 to 3 years	Less than 2g per day		
4 to 6 years	ss than 3g per day		
7 to 10 years	Less than 5g per day		
11 to 14 years	Less than 6g per day		
Adult	Less than 6g per day		
> Oid you	know?		

As much as 75% of dietary salt comes from processed foods with the remander being added during cooking and at the table.



# Section 1 Nutritional needs of adults, children and adolescents

#### In this section you will learn about:

- Adult nutritional needs
- Nutritional needs: children aged 1 to 5 thats (AC .1-1.8)
- Nutritional needs: children aged 5 to 10 yes AC 1.1-1.8)
- Nutritional needs: young people ged 11 to 18 years (AC 1.1–1.8)

In the key points in this section the key nutrients for each age group are highlighted. This is introduced a show which nutrients are of particular interest at each life stage. However, all the outrients described, together with **many others**, are needed three thout life.





The key nutrients required by a child aged 5 to 10 are protein, fat, calcium, iron and zinc.

## National nutritional standards – primary school

The national nutritional standards for school lunches say that for children in primary school, at least one item from each of the following food groups must be available:

- Starchy foods such as bread, potatoes, rice and pasta. Starchy food cooked in oil or fat should not be served more than two times a week.
- At least one portion of fruit and vicetaries should be available per day per child.
- Meat, fish and other product, source of protein. Fish must be served at least once everywhree veeks. Wheat or poultry product no more than onve a week.
- Lower-fat milk and estose reduced milk must be available for drinking at least the a day during school hours.

Source Departmen for Education (www.education.gov.uk)

The provide energy requirement of a healthy five-year-old boy is 1,700 calories. This rises to 2,000 calories at nine years. Girls have slightly lower energy requirements: 1,500 calories aged five, and 1,800 calories at nine years.

Most of this energy should come from foods from the starchy foods food group. Unfortunately, the quality of the diets of many five- to ten-year-olds is poor, and **far too much energy is derived from high-fat foods.** Sugar intake is also higher than recommended. The National Diet and Nutrition Survey (a review commissioned by the Food Standards Agency – www.food.gov.uk) found that sugar accounted for one sixth of school children's total energy intake.

The energy provided by sugar is short-term energy only and provides no other useful nutrients. Sugar also rots teeth. Half of all children in this age group have tooth decay. This study, like others, shows that children in the UK are gaining weight.

# Section 1 Understand food labelling

#### In this section you will learn about:

- Information that must be provided on food labels (AC 1.1)
- Nutrition labelling (AC 1.2, 1.3, 1.4)
- Food label claims and descriptions (AC

Studying nutrition can result in a better under canding of how the different nutrients in food affect the body but it is somet one difficult to know how to put that knowledge into practice. The labels on food products for sale in the **UK and across Europe must by law provid certain information about the food product.** 

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Labelline chould allow shoppers to know exactly what they are buying and eating. Unforth could, many shoppers struggle to understand the information precided concool labels. This in turn means that people may think that they are eating healthily when, in reality, they are not.



### Making sense of nutrition information

As you learned in the earlier units, in order for us to eat healthily, a large proportion of the foods we eat should be low in fat (especially saturated fat), low in salt, high in starchy carbohydrate and provide some fibre. The following example will show you how to make sense of the information on food labels.

## Supermarket own-brand baked beans (400g tin)

#### Nutrition information given on the tin

TYPICAL VALUES	PER HALF TIN	Amount per 100g
Energy	825 kJ 204 kcal	411 kJ 97 kcal
Protein	10.7g	5.1g
Carbohydrate (of which sugars) (of which starch)	37.8 8.8g 29.0g	18.0g 4.2g 13.8g
Fat (of which saturated)	1. 0.2g	0.5g 0.1g
Fibre	7.3g	3.5g
Sodium	1.1g	0.5g

#### How MUC END SY DUTHE BEANS PROVIDE?

The operage duly recommended energy intake for **men** is **2,500 kcal** and for **men 2,000 kcal**.

The label ells us that a serving of half a can (200g) of baked beans provides 204 kcal of energy.

Using the **Nutrition information table** and the **Remember!** box, work out how much energy comes from protein, carbohydrate and fat in half a tin of baked beans.

### Remember the calorie count!

1g protein provides 4 kcal.

1g carbohydrate provides 4 kcal.

1g fat provides 9 kcal.