Your notes

GCSE Food Preparation and Nutrition: revision notes

Planning balanced diets

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The Eatwell Guide

- The **Eatwell Guide** shows the proportions of food groups for a healthy, **balanced diet**.
- Fruit and vegetables: just over a third; aim for at least 5 portions a day.
- Potatoes, bread, rice, pasta and other starchy carbohydrates: just over a third; choose wholegrain.
- Beans, pulses, fish, eggs, meat and other proteins: eat more beans and pulses, 2 portions of fish a week (one oily), and less red and processed meat.
- Dairy and alternatives: choose lower-fat and lower-sugar options.
- Oils and spreads: unsaturated types, in small amounts. Drink 6 to 8 glasses of fluid a day.

Needs at different life stages

- Babies and toddlers: breast or formula milk at first; toddlers need full-fat milk and energy for growth.
- Children and teenagers: energy and protein for growth, calcium and vitamin D for bones, and iron (especially girls).
- Adults: a **balanced diet** to maintain health and avoid weight gain.
- Older adults: fewer calories but plenty of calcium, vitamin D, fibre and fluid.
- Pregnant women: folic acid, iron, calcium and vitamin D; avoid risky foods such as unpasteurised cheese, pâté and raw eggs.

Special diets

- Vegetarians don't eat meat or fish; **vegans** eat no animal products and need B12, iron, calcium and protein complementation.
- **Coeliac disease**: gluten (in wheat, barley and rye) must be avoided.
- **Lactose intolerance**: avoid or limit milk sugar.
- Nut allergy: nuts must be avoided completely, as they can cause **anaphylaxis**.

Key terms

Eatwell Guide	The UK's guide to the proportions of food groups in a healthy diet.
Balanced diet	A diet with the right proportions of nutrients for a person's needs.
Vegan	A person who eats no animal products.
Coeliac disease	A condition where the body reacts to gluten.
Lactose intolerance	Being unable to digest lactose, the sugar in milk.
Anaphylaxis	A severe, life-threatening allergic reaction.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What proportion of the Eatwell Guide is fruit and vegetables?
2. How many portions of fish a week does the Eatwell Guide recommend?
3. What must people with coeliac disease avoid?
4. What do vegans need to take care to get enough of?
5. Which foods should pregnant women avoid?
6. Why do older adults need fewer calories?
7. What is lactose intolerance?
8. Which group should make up just over a third of the Eatwell Guide, with wholegrain chosen?

Answers

1. Just over a third
2. 2, one of them oily
3. Gluten
4. Vitamin B12
5. Unpasteurised cheese and pâté
6. They are usually less active and have a lower BMR
7. Being unable to digest milk sugar
8. Starchy carbohydrates

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

Free revision for GCSE and KS3 at lycolearn.co.uk. Some notes are for one exam board only, and say so in brackets.

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