



Level 2

Sample!



Food Choice & Health

Student Worksheets

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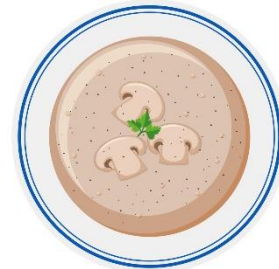


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Assessment Brief 1

Course: Food Choice and Health
Course Code: M2HI6
Assessment: Collection of Work
Title: **Food Groups & Balanced Meals**
Weighting: Collection of Work 100%
Guidelines



You will be expected to:

1. List the major food groups.
2. Sort common foods into the appropriate food group.
3. Identify the main elements of a healthy diet.
4. Describe a well-balanced breakfast.
5. Describe a well-balanced lunch.
6. Describe a well-balanced dinner.



Assessment criteria

- Exercises and tasks must be complete and correct.
- At least 4 food groups must be included.
- Sort foods according to their food group.
- Elements of a healthy diet should include eating at least five fruit/vegetables a day and being aware of salt intake, sugar intake, cholesterol, high fibre, eating for a healthy heart, etc.



Submission date:

Declaration of Authenticity: I confirm that this is my own original work.

Signed:

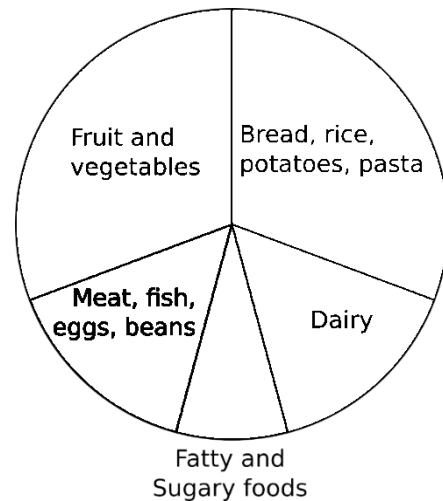
Date:

The Food Groups

1. List the major food groups.

2. Look at the plate. Use the key to colour it in correctly.

- Fruit and vegetables
- Dairy
- Fatty and sugary foods
- Bread, rice, potatoes, pasta
- Meat, fish, eggs, beans



3. Look at the diagram above and answer true or false:

- a) We should eat more fruit than vegetables.
- b) We should eat less meat than grains.
- c) We should eat more sugar than bread.
- d) We should eat more butter than fish.
- e) We should eat more dairy than sweets.



4. Write these foods in the right columns.

bread, carrots, milk, steak, grapes, pasta, bananas, cheese, bacon, onions

Grains Group	Dairy Group	Vegetable Group	Fruit Group	Meat Group

5. **Grains:** Complete the sentences.

energy, whole, rice

a) Grains are foods like cereal, bread, pasta, and crackers.

b) Grains give you .

c) It is better to use grains.



6. Write these into the correct columns.

noodles, oats, french loaf, rice, soda bread, muesli, couscous, penne

Bread	Cereal	Grains	Pasta



2. The diagram below shows us a balanced diet. Choose the correct words.



- a) We should eat grains than vegetables. (more, less)
- b) We should eat the amount of grains and protein. (same, different)
- c) Examples of protein include cheese, fish, chicken and . (bread, eggs)
- d) The part of our diet should be fruit and vegetables. (smallest, biggest)
- e) Pasta and rice are part of the group, (dairy, grains)
- f) We should eat vegetables than fruit. (more, less)

1. Nuts and seeds can be a good source of protein. Label them.

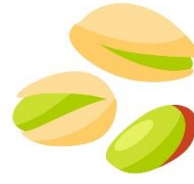
peanut, cashew, pine nut, hazelnut, walnut, pecan, sunflower seeds, brazil nut, coconut, almond, pumpkin seeds, pistachio



A.



B.



C.



D.



E.



F.



G.



H.



I.



J.



K.



A.

B.

C.

D.

E.

F.

G.

H.

I.

J.

K.

L.

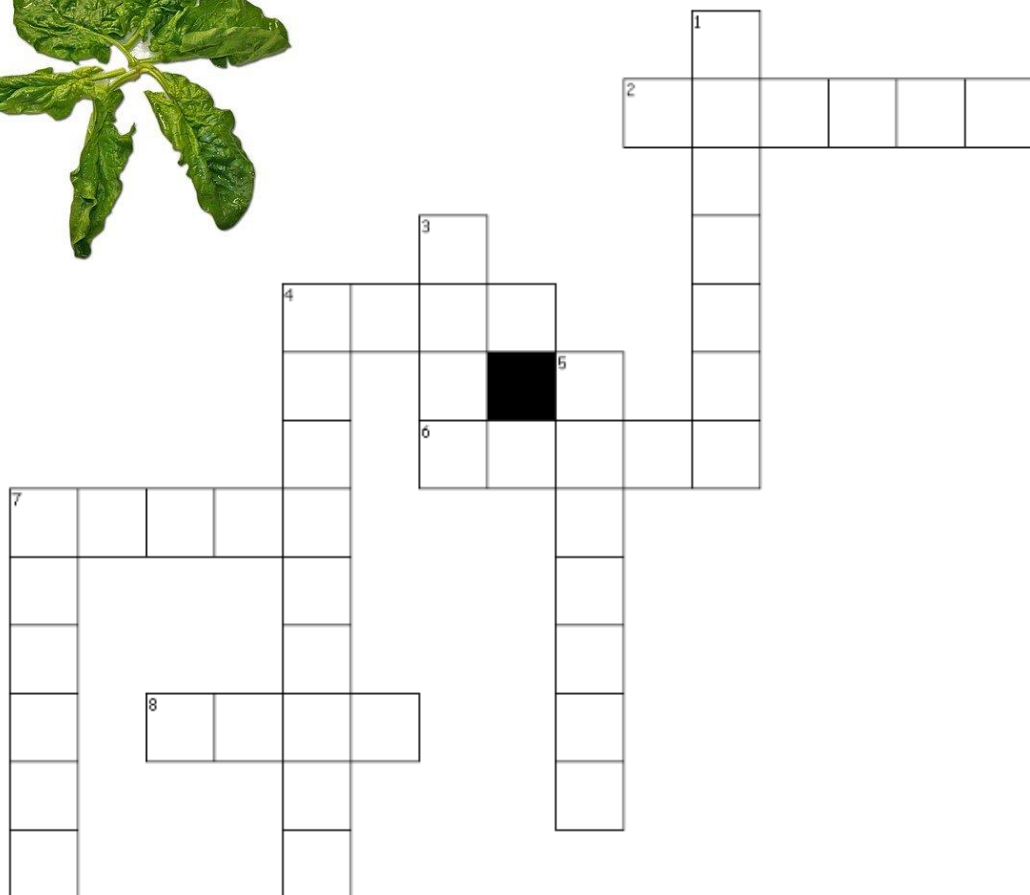
2. Here are some tips to get you eating more green, leafy vegetables. Complete the crossword.

Across

- 2. Swap your wrap for lettuce _____ and add a delicious filling.
- 4. Stir spinach leaves into your Irish _____.
- 6. Mix _____ greens into your stir-fries and salads.
- 7. Make leafy greens one of your toppings on a _____.
- 8. Throw a handful of spinach or _____ into your smoothie.

Down

- 1. Kale crisps are a _____ alternative to salty snacks.
- 3. Toss leafy greens into pasta for a quick, delicious _____.
- 4. Add watercress to your _____ eggs.
- 5. Shred leafy greens very finely and sprinkle on your meal as a _____.
- 7. Add spinach to your mashed _____ (similar to colcannon)



Energy and Mood

1. Make a sentence.

will A make happier. you diet healthy

2. Name 4 good foods that give you energy.



3. Complete the recipe:

Strawberry +

+ Avocado

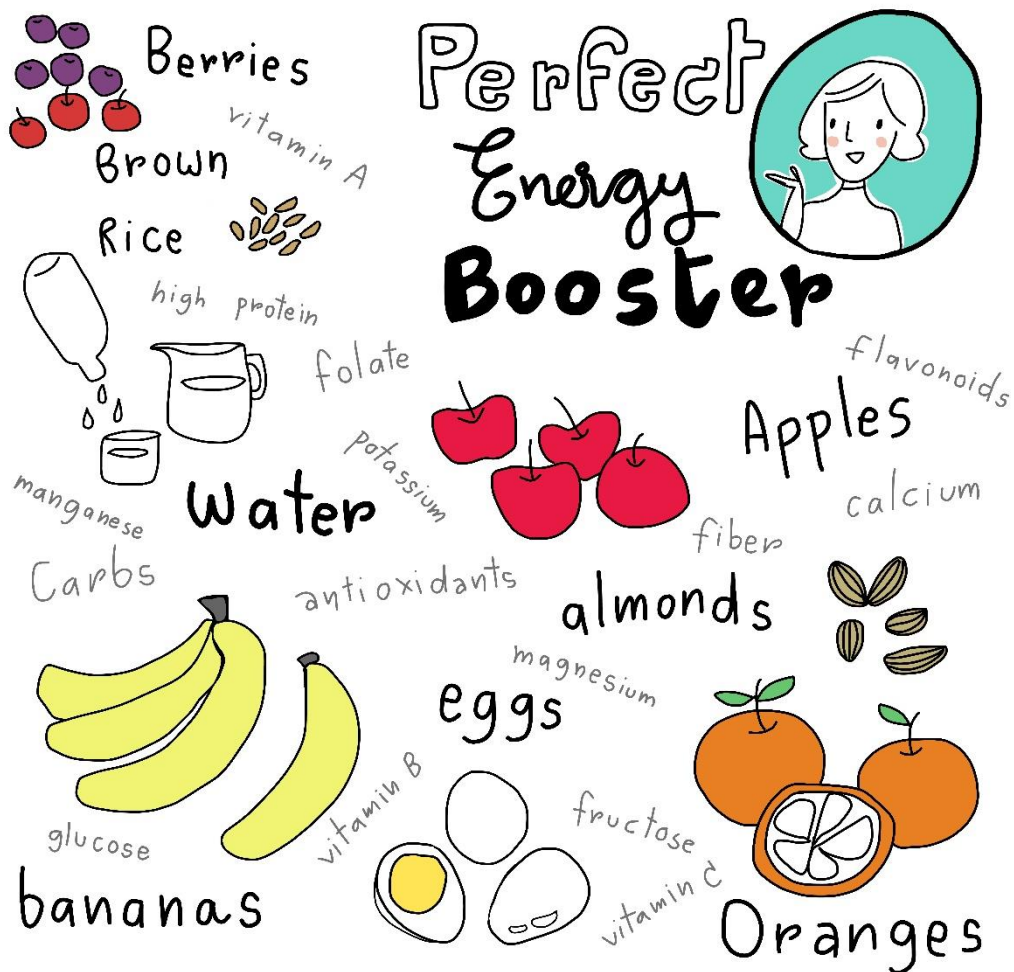
+ &

Blend with

.

4. How does healthy eating improve your mood?

5. Look at these healthy energy boosters.



a) Name 2 red fruits that give you energy.

b) What kind of rice should you eat?

c) What should you drink?

d) What nuts should you eat?

6. Read the recipe. Then look at the foods that put us into a good mood. Highlight the ingredients in the recipe.



Superfood salmon stir-fry

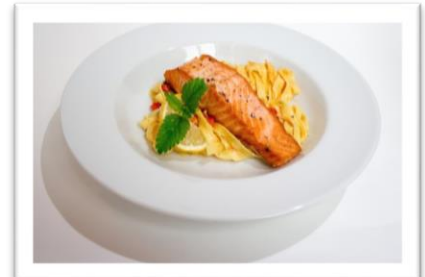
- A. Mix together the orange juice from one orange, 1 tbsp honey and 2 tbsp soy sauce.
- B. Heat 1 tbsp olive oil in a large wok. Add 150g broccoli and stir fry for 2 mins, add 2 salmon fillets and 100g green beans and stir-fry for a further 2 mins.
- C. Add the remaining ingredients – 2 peeled, stoned and sliced avocados, 6 cherry plum tomatoes halved, 150g baby spinach and 50g walnut halves.
- D. Continue to cook, keeping all the ingredients moving, for a further 2 mins.
- E. Add the orange dressing and heat for 1 further minute. Serve immediately with freshly cooked noodles.

Food for a good mood



6. Look at the information below and answer the questions.

ENERGY 142 KCAL per 100 g	FAT 6.34 g
	PROTEIN 19.84 g
	VITAMIN B6 0.818 mg
	VITAMIN B3 7.860 mg
	PHOSPHORUS 200 mg
salmon	



a) What kind of food is this?

b) To which food group does it belong?

c) How many calories does 100 grams of salmon have?

d) What vitamins does it have?

e) Does it have more than 10 grams of fat?

f) Is this food a source of protein?

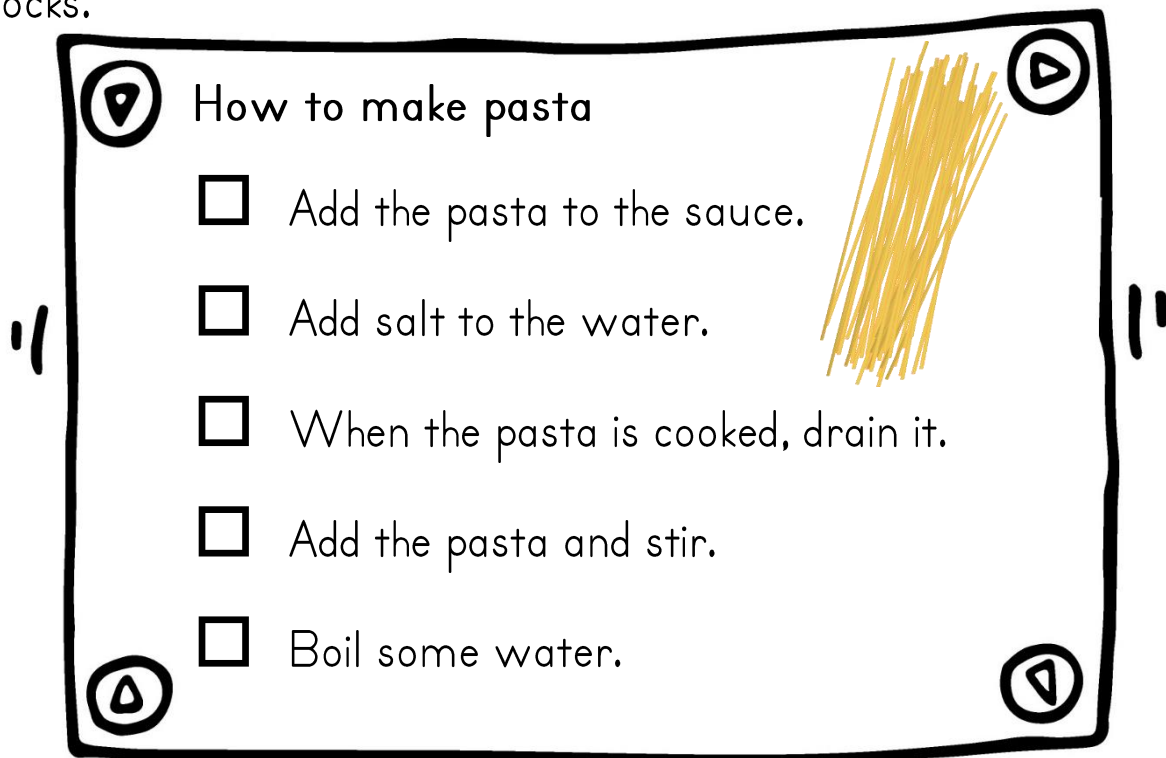
g) Do you like salmon?



2. Put the steps in the correct order. Write numbers in the blocks.

How to make pasta

- Add the pasta to the sauce.
- Add salt to the water.
- When the pasta is cooked, drain it.
- Add the pasta and stir.
- Boil some water.



***SUGGESTION: Prepare for and participate in making a pasta dish.**

3. What kitchen tools do you need?

How to make spinach

Heat the olive oil in a large skillet over medium heat. Add the spinach to the skillet and cover; allow to cook 5 minutes. Stir in the garlic salt and cover again for another 5 minutes; remove from heat. Sprinkle with Parmesan cheese to serve.



6. Read the recipe and complete the instructions. (there are a few possibilities!)

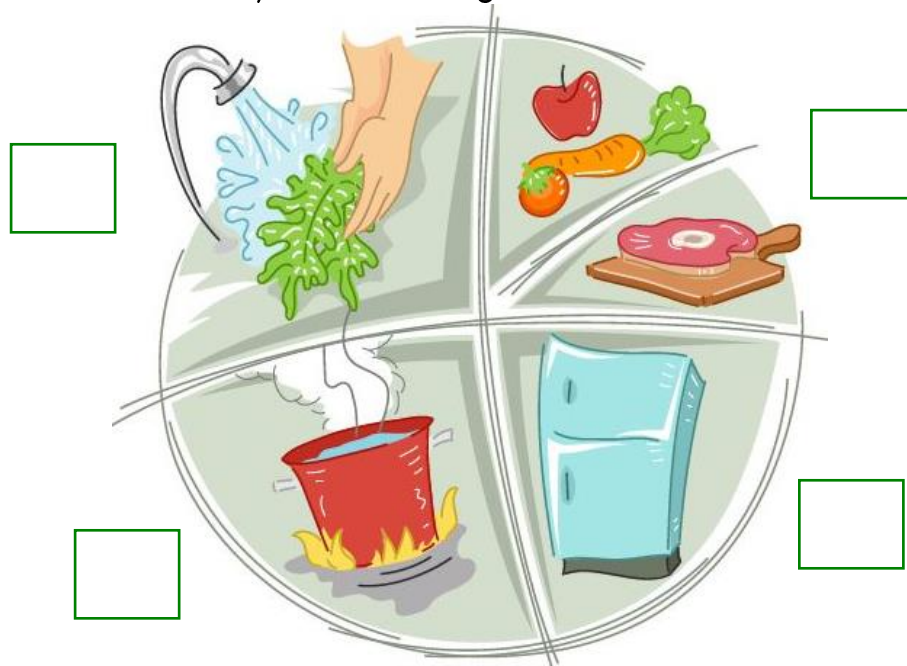


- a) Whisk the .
- b) Mix the .
- c) Sift the .
- d) Peel the .
- e) Slice the .
- f) Pour the .

- g) Sprinkle .
- h) Bake in the .
- i) Enjoy the .

3. Write letters on the pictures, to match these sentences.

- A. Do not chop meat and vegetables on the same board.
- B. Cook food to the right temperature.
- C. Wash vegetables before cooking them.
- D. Store foods safely in the fridge.



4. Unscramble the words.

What to wear in the kitchen



a) Wear an **norap**

to protect yourself and your clothing.

b) Wear long sleeves to protect your **mars** .

c) Wear closed, non-slip **esosh**.

d) Wear long trousers to protect your **selg**.

e) Wear fitting clothes, not **seolo** clothing.

9. Write letters by the photos to match the safety tips.
- A. Always turn off the gas when not in use.
 - B. Wash your hands after handling chillies.
 - C. Use oven mitts to remove meals from the oven.
 - D. Mop up spills immediately.
 - E. Wash your hands before and during cooking.
 - F. Clean the kitchen regularly.
 - G. Be careful of steam when cooking.
 - H. Do not leave food unattended.
 - I. Use knives with care.



Learning Outcomes

1. Sort familiar foods according to food group, e.g. fruit/vegetable, meat/fish, dairy. Pages 8 to 17 (food groups), Pages 18 and 19 (food group diagrams)
2. Describe typical foods and drinks associated with a well-balanced diet. Pages 20 to 25 (elements of a healthy diet), Pages 26 to 28 (healthy meals), Pages 29 to 34 (healthy eating habits), Pages 51 to 54 (benefits of some foods)
3. List common consequences of good diet, e.g., healthy heart, strong bones, clear skin, dental health. Pages 37 to 39 (mood and energy), Pages 40 to 50 (preventing and fighting diseases), Pages 51 to 54 (benefits of some foods), Pages 55 to 57 (general health benefits)
4. Participate in the preparation of healthy meals, e.g. breakfast and lunch /dinner. Pages 60 to 63 (examples of healthy meals), Pages 64 to 79 (preparation of healthy meals)
5. Identify common safe practices associated with food preparation and storage, e.g. separating raw/cooked meat in a domestic fridge. Pages 80 to 87 (safe practices)
6. Demonstrate appropriate food hygiene and safety practices. Pages 80 to 87 (safe practices), throughout all food preparation