



Sample!

Level
3

Nutrition and Healthy Options

Student Worksheets

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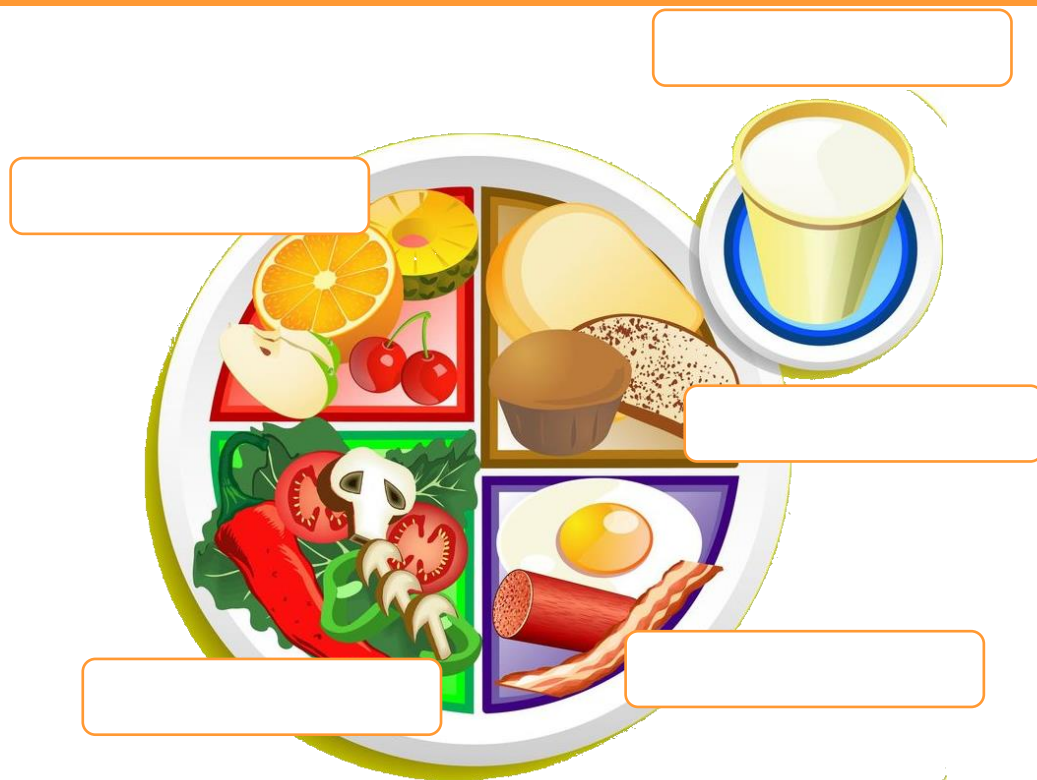
A. What is Nutrition?

Nutrition is about eating a **healthy** and **balanced diet**. Food and drink provide the **energy** and **nutrients** you need to be healthy.

Many common health problems can be prevented or alleviated with a healthy diet.

1. Look at the different food groups below. Label the groups.

Dairy, Grains, Fruit, Vegetables, Proteins



2. Write **true** or **false**:

- a) You need more proteins than vegetables. _____
- b) You need more fruit and vegetables than grains. _____
- c) You need less grains than vegetables. _____
- d) Dairy products are part of a balanced diet. _____
- e) Bread would be in the protein group. _____
- f) The ingredients for a green salad would be in the vegetable group. _____
- g) At least a quarter of your plate should be fruit and vegetables. _____

B. Nutrients

An important aspect of nutrition is the daily intake of nutrients. Nutrients consist of various chemical substances in the food that makes up each person's diet.

There are six major classes of nutrients found in food:

- 🍷 carbohydrates
- 🍷 proteins
- 🍷 lipids (fats and oils)
- 🍷 vitamins
- 🍷 minerals
- 🍷 water



1. Name 2 healthy foods which would contain each of these nutrients:

a) carbohydrates

b) proteins

c) lipids (fats and oils)

d) vitamins, e.g. Vitamin C, Vitamin A

e) minerals, e.g. iron, calcium

f) water

2. Which nutrients do you think you need more of?

5. Complete the table below:

Mineral	Symbol	Sources	How it helps the body
Sodium		Table salt, soy sauce	fluid balance, nerve transmission, and muscle contraction
Calcium	Ca		healthy bones and teeth, muscles nerves, blood clotting, blood pressure, immune system
	K	Meats, milk, fresh fruits and vegetables, whole grains, legumes	fluid balance, nerve transmission, muscle contraction
Phosphorus	P	Meat, fish, poultry, eggs, milk,	
Magnesium	Mg	Nuts and seeds; legumes; leafy, green vegetables; seafood; chocolate; artichokes	
Iron		Red meats; fish; poultry; shellfish, egg yolks; legumes; dried fruits; dark, leafy greens	found in red blood cells that carries oxygen in the body; needed for energy metabolism
	Zn	Meats, fish, poultry, leavened whole grains, vegetables	needed for making protein and genetic material; wound healing, immune system health
Fluoride	F		formation of bones and teeth; helps prevent tooth decay
Selenium	Se		antioxidant
Copper		Legumes, nuts and seeds, whole grains, organ meats, drinking water	part of many enzymes; needed for iron metabolism



Carbohydrates

6. Read the information and answer the questions:



Carbohydrates are referred to as either **sugars** or **starches** and they provide **energy** for the body. Carbohydrates are converted by our body into simple sugars (like those from fruit sugars), which are released quickly, and complex sugars (from bread, pasta, potatoes, rice, vegetables, fruits etc.) which are released at a slower rate. Around 60 percent of your daily calories should be in the form of carbohydrates.

Carbohydrates help to alleviate digestive disorders like constipation and may help prevent colon cancer.

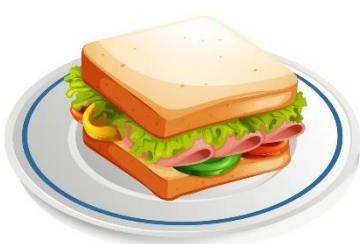
a) How do carbohydrates help the body?



b) What are carbohydrates converted into?

c) Which sugars are released at a slower rate?

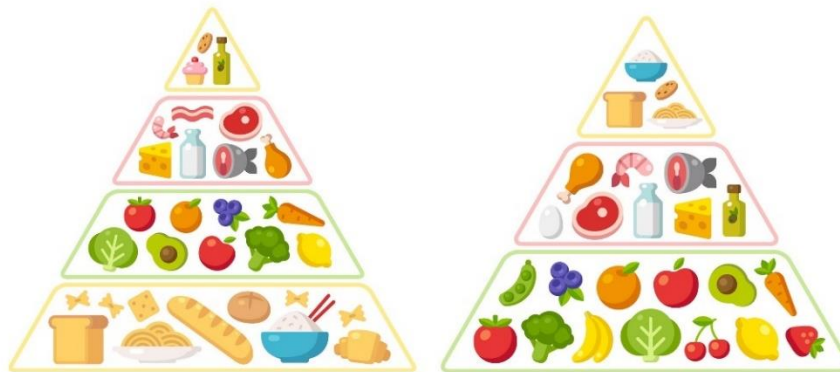
d) What percentage of your daily calories should be carbohydrates?



1. Write **true** or **false**:

- a) If you eat a varied and balanced diet, you don't usually need to take any food supplements.
- b) Eat foods that are high in fat and salt.
- c) Include proteins, e.g. meat, fish, eggs and beans, in your diet.
- d) Increase the amount of sugar in your diet.
- e) Eat carbohydrates like bread, rice, potatoes, pasta and cereals.
- f) Eat wholegrain varieties whenever possible.
- g) Eat only a small amount of fruit and vegetables.
- h) Dairy products include milk, cheese and yoghurt.

2. Look at the food pyramids below. On the left is the food triangle from 1970, and on the right, is the food triangle we would use today. Write 2 ways in which the latest food triangle is different to the previous one.



Assessment Brief 2

Course:	Nutrition & Healthy Options
Course Code:	3N0887 (Ireland)
Assessment:	Skills Demonstration / Collection of Work
Title:	<u>Diet</u>
Weighting:	Skills Demonstration 20%, Collection of Work 80%.

Guidelines

You will be expected to:

1. List common dietary disorders.
2. Identify ingredients relevant to special dietary needs.
3. Devise a menu and meal for someone with special dietary needs.
4. Read recipes, shopping lists, food labels and menus to check suitability for different dietary needs.

Assessment criteria

- Exercises and tasks must be complete and correct.
- Show an understanding of some eating disorders, including an organisation that provides support.
- Take part in a group discussion about eating disorders.
- In identifying special dietary needs, include various different diets, e.g. low-calorie diets, low cholesterol diets, nut and other allergies, vegetarians, diabetics and coeliacs.
- Include dietary disorders related to diet, e.g. I.B.S., diabetes.
- Show an understanding of how poor nutrition can affect your health, e.g. working out your BMI, checking your blood pressure, checking symptoms for lack of vitamins/minerals.
- Be aware of some common diets e.g. Weight Watchers, Kosher, Vegan, etc.
- Use key terminology related to diet.



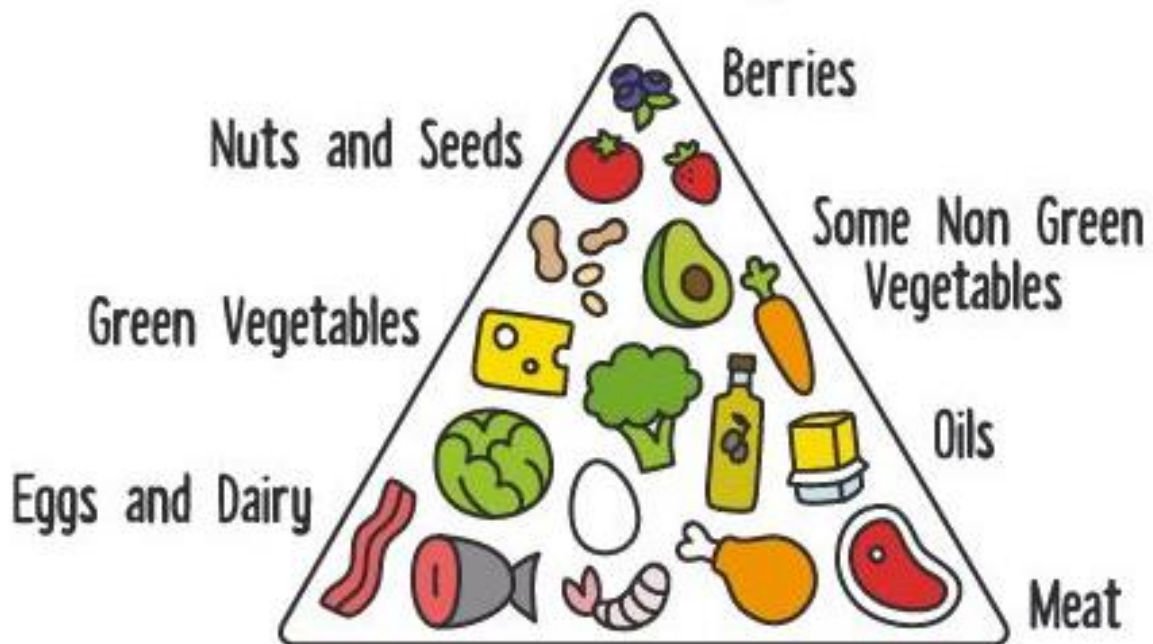
Submission date:

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

Signed:

Date:

KETO Food Pyramid



NO:



Bread



Pasta



Sugar



Milk



Corn



Beans



Rice

C. Coeliac Disease

Coeliac disease (also known as celiac disease) mainly affects the part of the gut called the **small intestine**. Coeliac disease is caused by a reaction of the gut to **gluten**. Gluten is part of certain foods - mainly foods made from **wheat, barley and rye**. Various symptoms can develop including abdominal pains, tiredness and weight loss. Symptoms go if you do not eat any foods that contain gluten.

Coeliac disease is not a food allergy or a food intolerance. It is an **autoimmune disease**.

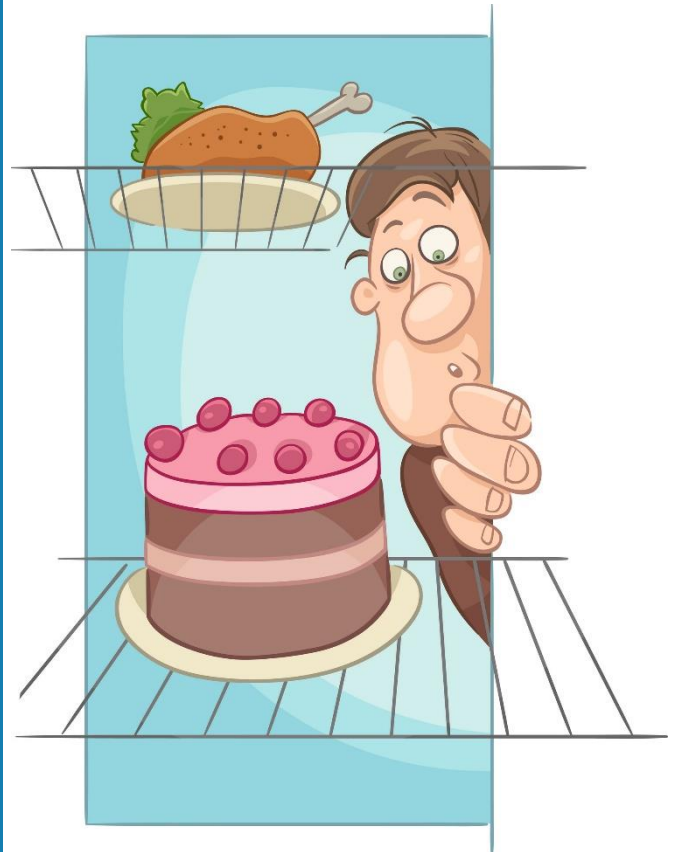
1. Which of these meals may contain gluten? Give a brief explanation for each:



1. Check food labels to be aware of hidden sugars! Look at other ways of naming sugar. Find two food labels, highlight the sugar ingredient and stick the labels below.

WHERE'S ALL THAT SUGAR HIDING?

Agave nectar - Agave syrup - Barley malt - Beet sugar - Brown rice syrup - Brown sugar - Buttered syrup - Cane sugar - Cane juice - Corn syrup - Corn sugar - Corn sweetener - Crystallized fructose - Dextran - Dextrose - Diastase - Fructose - Glucose - Golden sugar - Grape sugar - Honey - Invert sugar - Lactose - Malt - Maltodextrin - Maltose - Maple syrup - Molasses - Raw sugar - Sucanat - Sucrose - Sugar - Yellow sugar



PASTE LABEL HERE

PASTE FOOD LABEL HERE

Stroke

1. Read the information:

A stroke that is caused by plaque that builds up in a blood vessel, then breaks free as a clot that travels to your brain and creates a blockage can be linked to poor nutrition. Strokes damage the brain and impair functioning, sometimes leading to death. Foods high in salt, fat and cholesterol increase your risk for stroke.



2. Write the warning signs of a stroke:

B _____

E _____

F _____

A _____

S _____

T _____

*Act out a scene where you call the emergency services for someone who appears to have had a stroke.



Verification

1. Read these food safety facts:

- a) Access to enough safe and nutritious food is key to sustaining life and promoting good health.
- b) Unsafe food containing harmful bacteria, viruses, parasites or chemical substances, causes more than 200 diseases - ranging from diarrhoea to cancers.
- c) Almost 1 in 10 people in the world fall ill after eating contaminated food and thousands and thousands of people die every year.
- d) Children under 5 years of age carry 40% of the foodborne disease burden, with many deaths every year.
- e) Diarrhoeal diseases are the most common illnesses resulting from the consumption of contaminated food, causing millions of people to be sick and thousands to die.
- f) Food safety, nutrition and food security are linked. Unsafe food creates a vicious cycle of disease and malnutrition.
- g) Foodborne diseases can cause huge strain on health care systems, and harms national economies, tourism and trade.
- h) Food supply chains now cross multiple national borders so there must be collaboration between governments, producers and consumers to ensure food safety.

2. In your own words, write some reasons why food safety is important:



4. See the website for the World Health Organisation.

1. Look at some general storage times for the refrigerator and freezer.

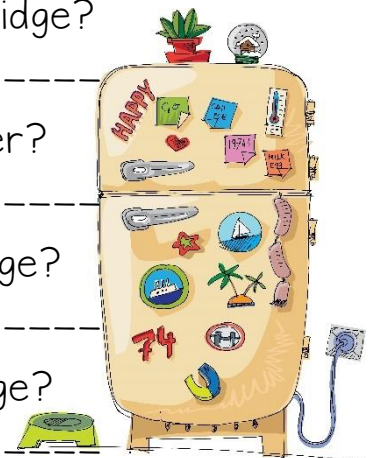
Category	Food	Refrigerator (40 °F or below)	Freezer (0 °F or below)
Salads	Egg, chicken, ham, tuna & macaroni salads	3 to 5 days	Does not freeze well
Bacon & Sausage	Bacon	7 days	1 month
	Sausage, raw – from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Hamburger & Other Ground Meats	Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Lamb & Pork	Steaks	3 to 5 days	6 to 12 months
	Chops	3 to 5 days	4 to 6 months
	Roasts	3 to 5 days	4 to 12 months
Fresh Poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Chicken nuggets	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months

a) For how long can I keep leftover soup in the fridge?

b) For how long can I keep sausages in the freezer?

c) For how long can I keep raw chicken in the fridge?

d) For how long can I keep lamb chops in the fridge?



G. Correct storage methods of food

It is important to store food safely and hygienically.

Discuss where different food is stored; e.g. in a fridge, in a cupboard (i.e. room temperature), in a pantry, in the freezer, etc.

Packaging also helps keep food safe to eat. Types of packaging include:

- 🍷 Foil bags (crisps)
- 🍷 Vacuum packs (cheese);
- 🍷 Cans (fruit, vegetables, fish, meat)
- 🍷 Bottles (sauce);
- 🍷 Jars (jam, pickle, sauce).



1. Where and how should you store each of these if opened, and not finished?

- a) bread _____
- b) ham _____
- c) oil _____
- d) onion _____
- e) honey _____
- f) cake _____
- g) pasta _____
- h) dried apricots _____
- i) canned sardines _____



1. What is the main ingredient of each of these vegetable dishes? Match - write the numbers.

- | | |
|--|-----------------------------|
| a) salsa <input type="checkbox"/> | 1. fava beans or chickpeas |
| b) sauerkraut <input type="checkbox"/> | 2. tomato, cucumber, garlic |
| c) guacamole <input type="checkbox"/> | 3. goat's and sheep's milk |
| d) coleslaw <input type="checkbox"/> | 4. rice |
| e) borscht <input type="checkbox"/> | 5. soy milk |
| f) boxty <input type="checkbox"/> | 6. semolina |
| g) gazpacho <input type="checkbox"/> | 7. vegetables, stock, pasta |
| h) minestrone <input type="checkbox"/> | 8. beetroot |
| i) falafel <input type="checkbox"/> | 9. yellow or white cornmeal |
| j) tofu <input type="checkbox"/> | 10. tomatoes and onions |
| k) couscous <input type="checkbox"/> | 11. sesame seeds |
| l) polenta <input type="checkbox"/> | 12. raw cabbage and carrots |
| m) risotto <input type="checkbox"/> | 13. avocado |
| n) tahini <input type="checkbox"/> | 14. pickled cabbage |
| o) halloumi <input type="checkbox"/> | 15. potatoes |



risotto



COUSCOUS

1. Look at these vegetable meals. Use a tick or a cross to answer the questions:



Veggie Burger

Does it look delicious?

Do you think it is nutritional?



Mushroom Pasta

Does it look delicious?

Do you think it is nutritional?



Vegetable Stir Fry

Does it look delicious?

Do you think it is nutritional?



Avocado & Lime Tarts

Does it look delicious?

Do you think it is nutritional?



Carrot Soup

Does it look delicious?

Do you think it is nutritional?



Vegetable Tacos

Does it look delicious?

Do you think it is nutritional?

Mapping of Learning Outcomes

Learners will be able to:

1 Explain the basic principles of food safety and associated legislation Food safety Ireland – Pages 70 to 72, Food hygiene for businesses (including cross-contamination, cleaning, chilling, cooking, nutritional value, signs) – Pages 73 to 90, Correct storage methods of food – Pages 91 to 93, Buying food – Pages 94 to 95, Food production in Ireland (including farming statistics, milk production, GM foods, food preservation) – Pages 96 to 103

2 Explain the role of nutrients in the body and the concept of a balanced diet What is nutrition and nutrients (including carbohydrates, proteins, lipids, vitamins, minerals, water) – Pages 7 to 22, Healthy eating – Pages 23 to 27

3 Describe the human digestive process The digestive process – Pages 28 to 33

4 List common dietary disorders Eating disorders – Pages 37 to 38, Food allergy and intolerance (including Coeliac disease) – Pages 39 to 43, Other dietary disorders (including IBS, gastric and duodenal ulcers, diabetes) – Pages 44 to 49, Poor nutrition (including obesity, hypertension, high cholesterol, stroke, cancer, lack of vitamins/minerals) – Pages 50 to 56, Dietary considerations (including different diets, specific menus, specific recipes, specific shopping list, meal ingredients) – Pages 57 to 66

5 Discuss contemporary nutritional issues related to food production Food production in Ireland (including farming statistics, milk production, GM foods, food preservation) – Pages 96 to 103

6 Identify ingredients relevant to special dietary needs to include low calorie diets, low cholesterol diets, nut and other allergies, vegetarians, diabetics and coeliacs Food allergy and intolerance (including Coeliac disease) – Pages 39 to 43, Poor nutrition

(including obesity, hypertension, high cholesterol, stroke, cancer, lack of vitamins/minerals) – Pages 50 to 56, Dietary considerations (including different diets, specific menus, specific recipes, specific shopping list, meal ingredients) – Pages 57 to 66

7 Describe the impact of purchasing, storage, preparation and cooking on nutritional value Food hygiene for businesses (including cross-contamination, cleaning, chilling, cooking, nutritional value, signs) – Pages 73 to 90, Correct storage methods of food – Pages 91 to 93, Buying food – Pages 94 to 95

8 Demonstrate the versatility of vegetables, as an accompaniment to meat and fish dishes, or as a well-balanced stand-alone meal, Health benefits of vegetables – Pages 107 to 113, Vegetables as an accompaniment – Pages 114 to 118, Cooking a vegetable accompaniment – Pages 119 to 121, Review of cooking (including hygiene, health and safety procedures, evaluation, review) – Pages 131 to 133, Checklist – Page 134

9 Prepare a limited range of varied and palatable meals for vegetarians Vegetables as a meal – Pages 122 to 127, Cooking a vegetarian meal – Pages 128 to 130, Review of cooking (including hygiene, health and safety procedures, evaluation, review) – Pages 131 to 133, Checklist – Page 134