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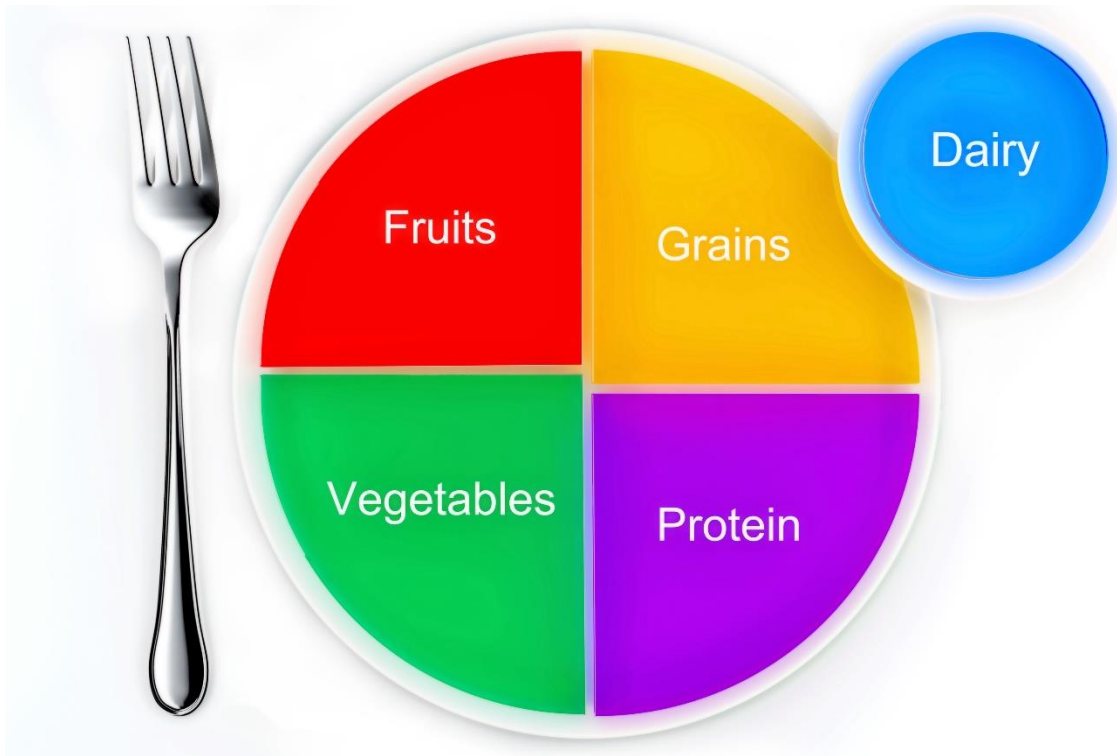
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B. Healthy food

1. Look at the diagram.



2. Write the foods in the groups:

egg, milk, carrot, pear, bread

Fruits	Vegetables	Grains	Protein	Dairy

C. Food groups

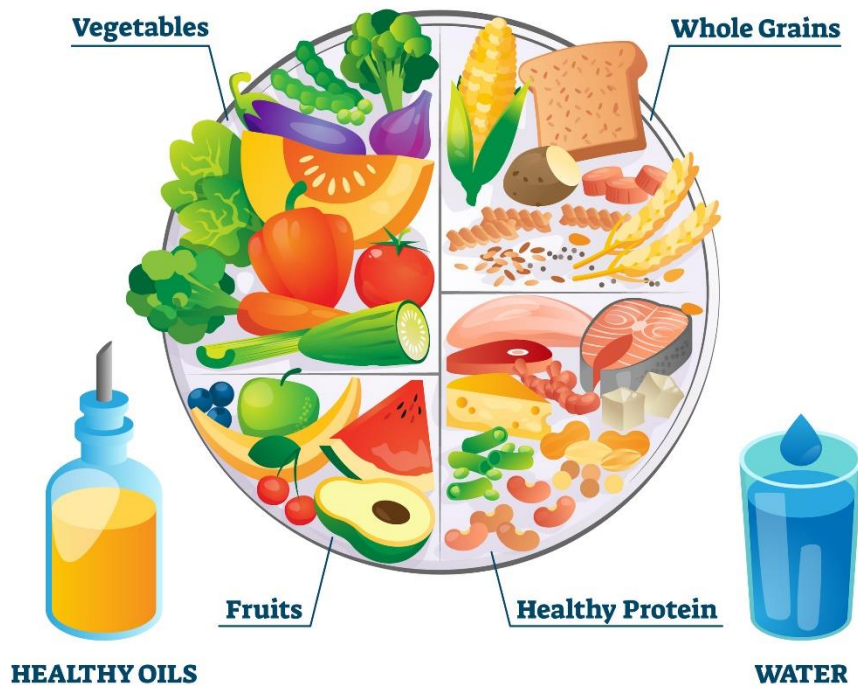


I. Finish the sentences:

and, bones, fish, vegetables

- a) Fruits and _____ give us vitamins and energy.
- b) Grains _____ potatoes give us fibre and energy.
- c) Dairy products give us calcium for our _____.
- d) Meat and _____ help to build muscles.

HEALTHY EATING PLATE



12. Put a tick ✓ in the right column.

	Fruit	Vegetable
broccoli 		
leek 		
peach 		
pumpkin 		
melon 		
potato 		
mango 		
turnip 		
carrot 		
cherry 		

Dairy is good for you.



17. Choose the correct words.



1. This is

- milk
- cheese
- yoghurt



2. This is

- milk
- cheese
- yoghurt






3. This is

- yoghurt
- cheese
- milk

D. A healthy diet

1. Look at the breakfast menu.

Breakfast Menu

	<p>Bacon Sausages Black pudding White pudding Eggs Tomato Baked beans Toast Yoghurt Fruit Cereal Fresh juice Tea or coffee</p>	 
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2. Write your order below. Keep it healthy!

You are making pasta. You will use these ingredients:



8. Which healthy foods will you use? Write **yes** or **no**.

a) I will use tomatoes. _____

b) I will use onions. _____

c) I will use herbs. _____

d) I will use pasta. _____

e) I will use olive oil. _____

f) I will use bananas. _____

g) I will use potatoes. _____

h) I will use lemons. _____



20. Label the dinner. Use the words below.

chips, steak, tomatoes



21. Instead of chips, what could you have that is healthier?

Assessment Brief 2

Course:	Food Choice & Health
Course Code:	MIHI6
Assessment:	Collection of Work
Title:	Benefits of Healthy Eating
Weighting:	Collection of Work 100%

Guidelines

You will be expected to:

Identify common benefits of healthy eating.

Assessment criteria

- o Exercises must be complete.
- o Exercises must be correct.
- o Show a basic understanding which foods benefit which parts of the body, e.g. foods that are good for the brain / muscles / heart.
- o Have a basic understanding of the benefits of different food groups, e.g. proteins, fats
- o Understand that vitamins and minerals are of benefit to the body.
- o Show an awareness of the importance of drinking water as part of a healthy diet.



Submission date:

I confirm that this is my own work.

Signed:

Date:

4. Read with your teacher.



- o Some foods have almost no fat, like fruits and vegetables.
- o Other foods have more fat, like nuts, oils, butter, and meats like beef.
- o Fat is an important part of a healthy diet.
- o Fats fuel the body and help absorb some vitamins.
- o Get your fat from lean meats, fish, and heart-healthy oils.

5. Write true or false.

- a) Fruit has lots of fat.
- b) Get your fat from burgers and chips.
- c) We must have fat in our diet.
- d) Fat fuels the body.
- e) Lean meats and fish have healthy fat.

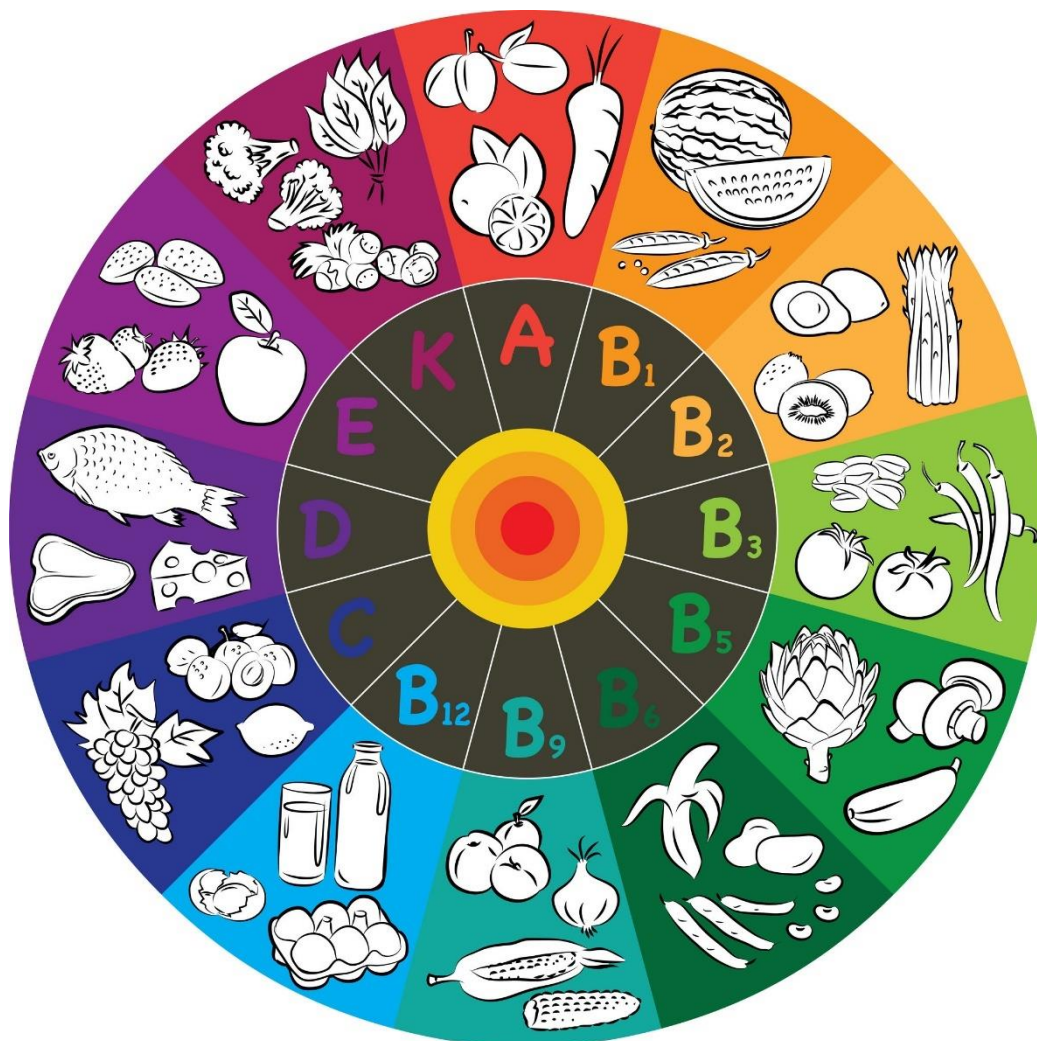
15. Name one food that has each of these vitamins:

a) Vitamin A _____

b) Vitamin C _____

c) Vitamin B12 _____

d) Vitamin D _____



In your group, talk about the diagram.

1. Are these foods soft or crunchy?

Write **S** for **soft** and **C** for **crunchy**.

1. apple _____

2. cereal _____

3. bread _____

4. toast _____

5. raw onion _____

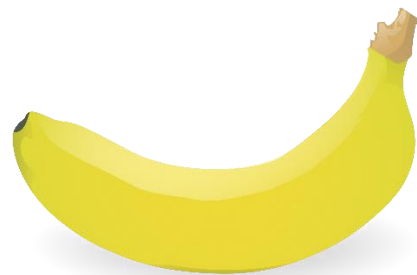
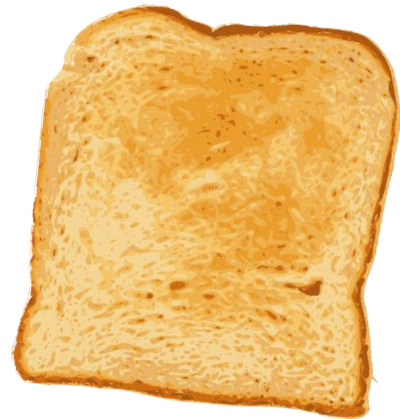
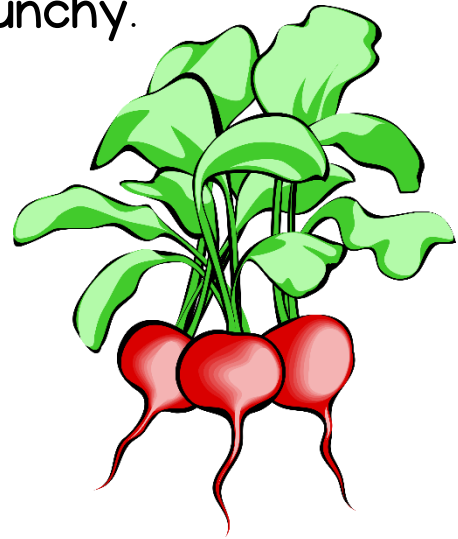
6. cheese _____

7. crackers _____

8. banana _____

9. nuts _____

10. radish _____



Name another crunchy food:

I. Read the recipe. Answer the questions.

My Recipes
BOILED EGG

Ingredients
Eggs, water, salt

Method

1. Put the eggs in a single layer at the bottom of a saucepan. Cover with cold water.
2. Bring the water to a full boil.
3. Turn off the heat, keep the pan on the hot burner, cover, and let sit for 10-12 minutes.
4. Run cold water over the eggs.

Serves 1 person

The recipe card features a yellow background with white polka dots. At the top, it says 'My Recipes' in a cursive font, followed by 'BOILED EGG' in a bold, underlined font. Below this, the 'Ingredients' section lists 'Eggs, water, salt'. The 'Method' section contains four numbered steps. At the bottom, it says 'Serves 1 person'. There are three illustrations: a boiled egg on a small stand, a slice of Swiss cheese, and a fried egg in a blue frying pan.

a) What is the recipe for?

b) Name 2 ingredients.

c) How many steps are there in the method?

d) How many times can you find the word 'egg' in the recipe?

Omelette

Ingredients

- o 2 large free-range eggs
- o 1 small knob of unsalted butter

Method

1. Crack the eggs into a mixing bowl with a pinch of salt and black pepper.
2. Heat a small knob of butter in a small frying pan.
3. Once melted and bubbling, add the eggs and move the pan around to spread them out evenly.
4. Using a spatula, ease around the edges of the omelette, then fold it over in half.
5. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelette on to a plate.



*Make your own omelette.



3. Choose the correct answers:

a) What is the best way to dry your hands?

- with a disposable paper towel
- with a dirty hand towel
- on your clothes



b) What does 'best before' mean on a food label?

- the food will be off after this date
- the food should only be eaten after this date
- the food will not be at its best after this date

c) What does 'use by' mean on a food label?

- the food can only be eaten on this day
- the food is only safe to eat until this date
- the food will not be at its best after this date

d) When shopping, why should you buy frozen foods last?

- They are nearest to the checkout
- Because they are heavier than other foods
- So they do not thaw before you get them home



Can you eat these peas today?

Mapping of learning outcomes

(FCH1) Identify some common foods that are associated with healthy eating Pages 8 to 23 (healthy food, food groups), Pages 24 to 43 (healthy diet), Page 95 (healthy foods), Appendices 1, 2 and 3 (food vocabulary)

(FCH2) Identify common benefits of healthy eating, e.g. energy, good skin and hair, healthy heart Pages 46 to 61 (food and your body), Page 62 (water), water tracker (separate), healthy eating plan (separate)

(FCH3) Identify some common characteristics of food, eg raw/cooked, hot/cold, sweet, sour, salty, spicy Page 7 (what is food), Pages 65 to 69 (taste), Pages 70 to 73 (more descriptions of food)

(FCH4) Follow short instructions to help prepare a meal Pages 76 to 81 (preparing to cook), Pages 82 to 94 (preparing healthy meals), Page 110 (preparing meals template), recipe templates (separate)

(FCH5) Demonstrate appropriate personal food hygiene and safety practices Pages 97 to 102 (cooking safely), Pages 103 to 104 (food poisoning), Page 105 (safe shopping), Page 106 (safety checklist)