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Scrumdiddlyumptious!

Useful food

Food gives all animals the energy they need to survive. Energy is needed to make muscles move and keeps body systems working well. It is also needed by the body to fight off illness and recover after injury.

Food groups

A food group is a collection of foods that provide similar nutrients, such as vitamins, minerals, proteins and carbohydrates.

Fruits and vegetables provide fibre to help digestion, and carbohydrates and natural sugars for energy. They also contain vitamins and minerals to keep the body healthy.

Carbohydrates provide the body with energy.

Protein from meat, fish, eggs and pulses is needed by the body for building, repairing and maintaining body tissues that make up the muscles, skin and other organs.

Dairy and alternatives contain protein, fat, vitamins and minerals, especially calcium, which is needed for healthy bones and teeth.

Oils and spreads contain fats, which are needed for energy, warmth and to protect the body's organs.

Food labelling

Food labelling tells shoppers what is inside the foods they buy. The words and colours on food labels tell the shopper whether the amounts of fat, sugars and salt are low (green), medium (amber) or high (red) and how much energy or calories the food contains.

Each serving (150g) contains

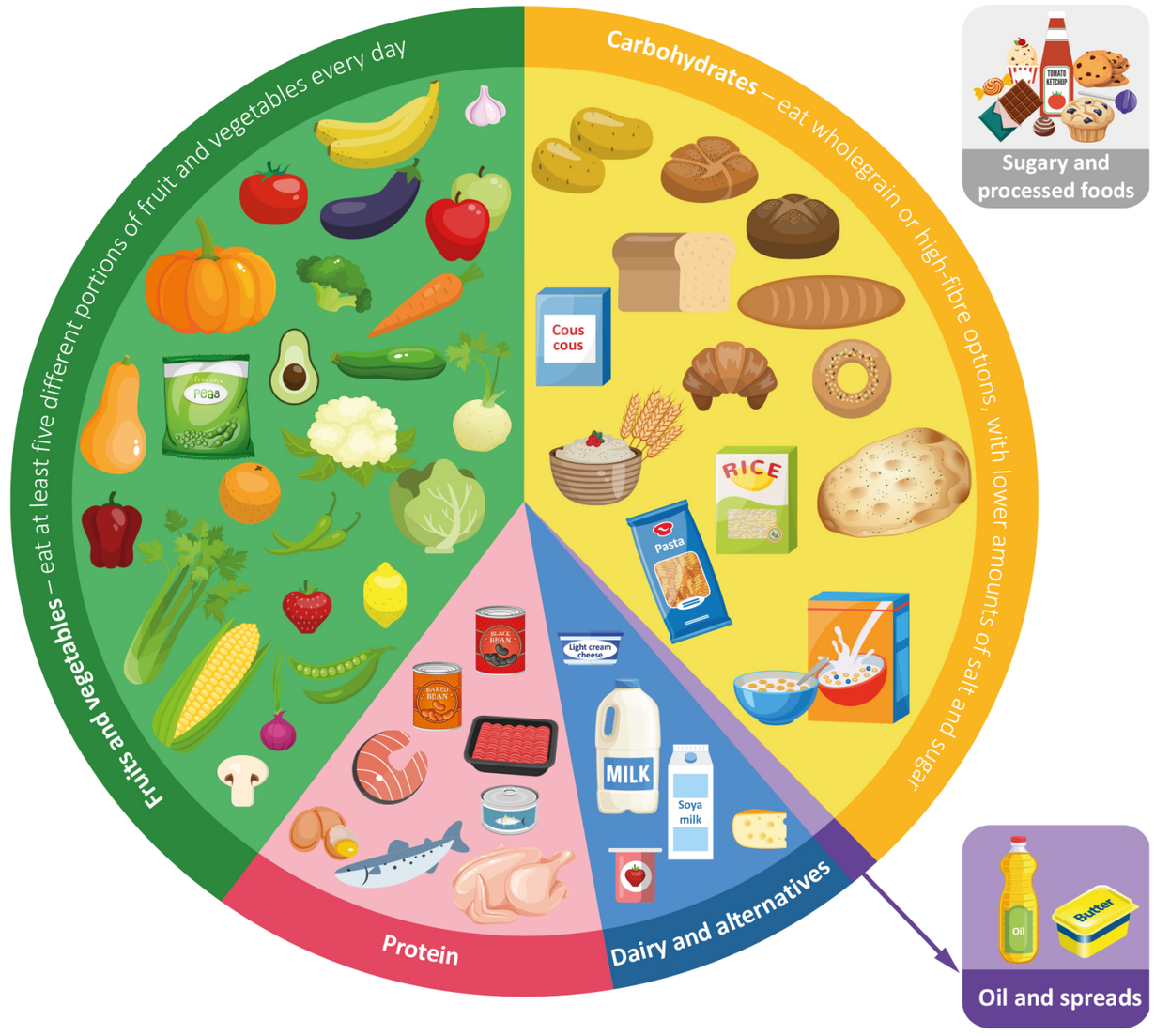
	Energy	Fat	Saturates	Sugars	Salt
	1046kJ 250kcal	3.0g	1.3g	34g	0.9g
		LOW	LOW	HIGH	MED
	13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g:697kJ/167kcal

Eatwell Guide

The Eatwell Guide shows the amounts of different foods that people need to eat for a healthy, balanced diet. Sugary and processed foods are outside the circle because people don't need to eat them as part of a balanced diet.



Tip: Print in A3.

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Nutritional packed lunch

Choosing nutritional food for a packed lunch can be tricky, especially because processed food and snacks can contain lots of fat and sugar. Choosing a variety of foods from the Eatwell Guide can help to make packed lunches healthier.

Example of a nutritional packed lunch based on the Eatwell Guide

James Lind (1716–1794)

James Lind was a ship's surgeon. He worked with sailors who were suffering from an illness called scurvy. Sailors with scurvy were tired, their joints and muscles were weak and achy and they felt irritable and miserable. Their gums bled and many lost teeth. James Lind discovered that scurvy was caused by a lack of vitamin C in their diet and eating citrus fruit containing this vitamin could cure the disease. He helped to save the lives of many sailors.

Fairtrade and farming

The food that people buy comes from all over the world. Bananas are grown in Costa Rica, the cocoa bean (used to make chocolate) is grown in Ghana and rice is grown in China. Sometimes, farmers in countries across the world get paid very little for the food they grow or rear. Fairtrade is a worldwide movement that works with farmers and supermarkets to make sure farmers get paid and treated fairly. Food and products from Fairtrade farms and producers carry the Fairtrade logo.

Advertising food

Food adverts use different ways to encourage people to buy products. Many food manufacturers have a target audience for their products, such as children, and they create adverts that appeal to this audience.

Slogans like 'Beanz Meanz Heinz' and 'Eat fresh' are memorable and become associated with certain food products.

Promises make shoppers feel that foods are healthy or will make them happy.

Well-chosen vocabulary makes food sound tasty or healthy.

Warm colours like red and orange make people hungry.

Eye-catching pictures make food look irresistible.

Logos help shoppers to recognise products.

Glossary

calorie	A unit used to measure the amount of energy a food provides.
citrus fruit	A family of fruits that contain lots of vitamin C including oranges, grapefruits, limes and lemons.
fat	A nutrient in food that gives the body energy, keeps the body warm and protects the organs.
fibre	A type of carbohydrate found in plant-based foods that helps the digestive system to work properly.
logo	A design or symbol used by a company to advertise its products.
mineral	A nutrient in food, such as calcium, iron, potassium and zinc, which helps the body to grow, develop, stay healthy and fight illness.
nutrient	A substance that animals and plants take in so they can live and grow.
processed	Foods that have been changed during preparation. Not all processed foods are unhealthy, for example when olives are pressed to make olive oil.
slogan	A short, easily remembered phrase used to advertise a product.
sugar	A substance found naturally in some foods, such as fruit, or added to foods to make them taste sweet.
vitamin	A nutrient in food such as vitamin A, B1, B2, B3, B12 and C that helps the body to grow, develop, stay healthy or fight illness.

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