

WHAT DID YOU EAT?

Please record everything you ate and drank yesterday. Don't forget to include snacks! Describe what you ate in as much detail as possible (e.g. 2 slices white bread toast with butter and tea with milk and sugar)

Breakfast	
Mid Morning	
Midday	
Mid Afternoon	
Evening Meal	
Late evening/Supper	
Extras	

WHAT IS A SERVING/PORTION?

Bread, Rice, Pasta, Cereals and Potatoes

1 slice bread
½ bread roll
3 tablespoons cereal
3 crackers
1 small potato
2 tablespoons rice/pasta

Fruits and vegetables

2 tablespoons vegetables
Small salad
1 fruit
2 tablespoons tinned/stewed fruit
100ml (small glass) fruit juice

Milk and Dairy Foods

1/3 pint (200ml) milk
1 small pot yoghurt/cottage cheese/fromage frais
1 ½ oz (40g) cheese (small match box-sized)

Meat, Fish, Chicken, Eggs, Nuts and Pulses

50g – 70g beef, pork, ham, liver, chicken, oily fish
100g – 150g white fish (not in batter)
1-2 eggs
3 tablespoons baked beans
1 tablespoon nuts/nut products e.g. peanut butter
3 tablespoons pulse based dish

Fatty and Sugary Foods

1 teaspoon butter/margarine/spread
2 teaspoons low fat spread
1 teaspoon oil/lard/dripping
1 teaspoon mayonnaise/salad dressing
1 teaspoon sugar (e.g. in drinks)

Give 3 examples of how you could make your diet fit better with the Eatwell guide Model

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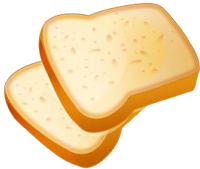




MY OWN EATWELL GUIDE

Food Group	How Many?	My Percentage (%)	Eatwell Plate Percentage
Fruit & Vegetables			33
Bread, rice, potatoes, pasta and other starchy foods			33
Milk & Dairy Foods			15
Meat, fish, eggs, beans and other non-dairy sources of protein			12
Foods & Drinks high in fat and/or sugar			7
Total			100

How to work out percentages

1. Add all the food group numbers together to get the total.
2. Divide each food group number by the total.
3. Multiply this total by 100.

Food Groups and their Functions

Food Group	Main Nutrients	Function
Bread, Potatoes and other Cereals 		
Meat, Fish and Alternatives 		
Milk and Dairy Foods 		
Fruit and Vegetables 		
Oils and spreads 		

Kevin is a 13 year old student who often feels tired and lacking in energy. He frequently stays up late, so he doesn't wake up in time to have breakfast before school. Below is a typical day's intake for Kevin.

<u>Breakfast</u>	Nothing, or sometimes a chocolate bar or biscuits
<u>Mid-morning</u>	Cake and squash
<u>Lunch</u>	Chips or pizza and biscuits
<u>After school</u>	Crisps, fizzy drink, biscuits
<u>Evening Meal</u>	3 large sausages, spoon of mashed potato, gravy and 1 small spoon of peas
<u>Bedtime</u>	Coca cola, slice of cake and biscuits

Case Study 2

Angela is a 14 year old student who loves sport. She wants to do well in her favourite sport netball, but often finds it hard to keep up. She tries to eat a careful balanced diet. Below is a typical day for Angela.

<u>Breakfast</u>	An apple and a banana and a small glass of juice
<u>Mid-morning</u>	Water and an orange
<u>Lunch</u>	A large salad with chicken or tuna
<u>After school</u>	Water and fruit
<u>Evening Meal</u>	Chicken with vegetables and a small jacket potato
<u>Bedtime</u>	Water and some fruit

Task:

Make some comments on the content of both Kevin and Angela's diets, taking into account the Eatwell Guide Model.

Suggest some alternative meals and snacks for Kevin and Angela, giving reason for your suggestions.
