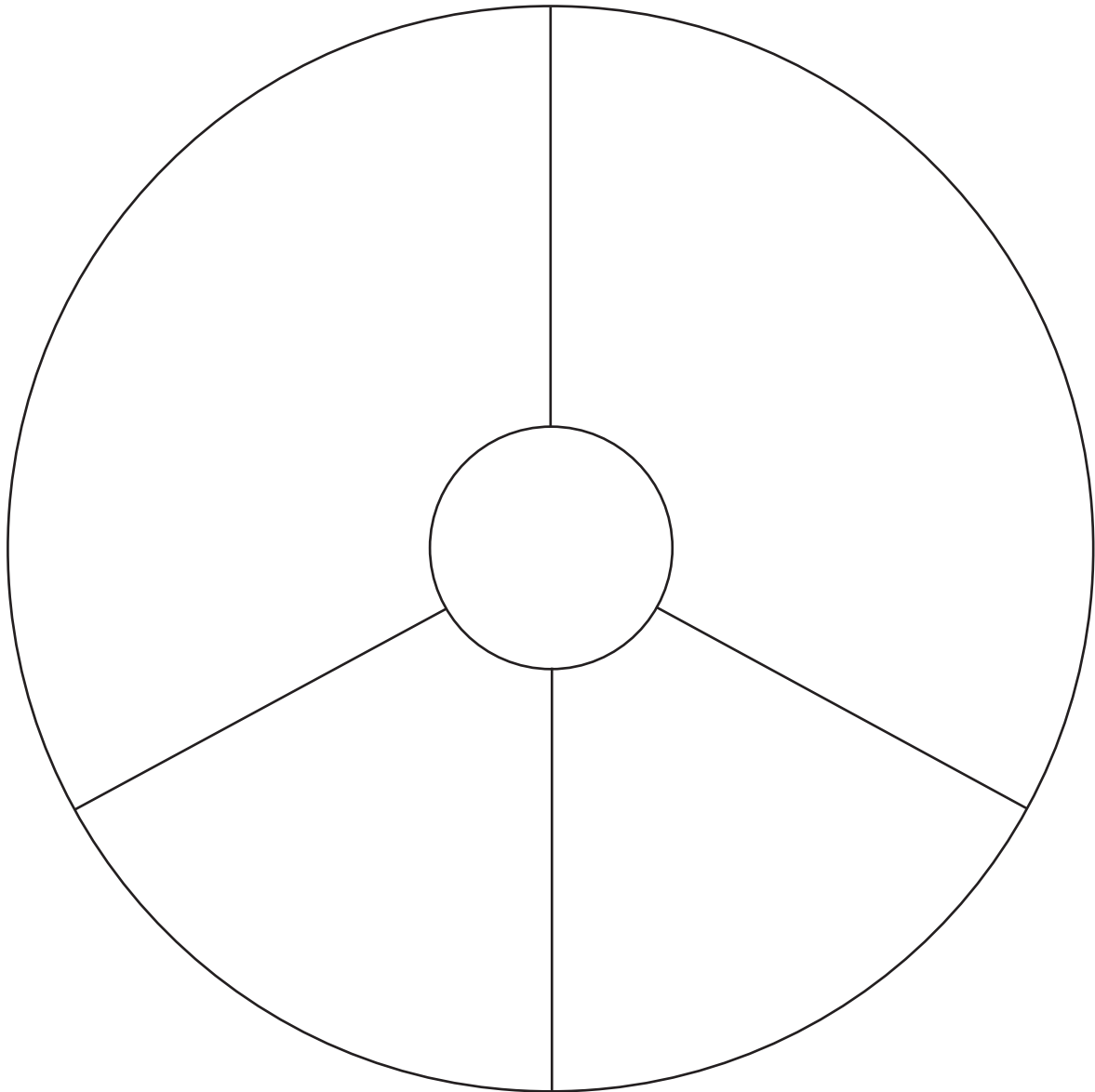


# Photocopiable Master

## The Balanced Plate

The Balanced Plate is a simple way to check whether your diet is balanced. Identify the six food groups on the diagram below and give some examples of foods from each group.



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## Food Groups and their Functions

Food Group	Main Nutrients	Example of Specific Food	Functions (uses) in the Body
<b>Bread, other cereals and potatoes</b>	Carbohydrate: Starch		
	Dietary Fibre*		
<b>Fruit and vegetables</b>	Vitamins: C A Folic Acid		
	Minerals: Iron Calcium		
<b>Milk and dairy foods</b>	Protein	Yogurt	Growth and repair
	Minerals: Calcium	Yogurt	Strong bones and teeth
	Vitamins: A D B Group		
<b>Meat, fish and alternatives</b>	Protein	Lean beef	Growth and repair
	Minerals: Iron Zinc		
	Vitamins: B Group		
	Fat**		
<b>Foods containing fats and sugars</b>	Fat**		
	Carbohydrate Sugar		

\*Dietary Fibre - is not a nutrient but it is an essential component in a healthy diet.

\*\*Fat - Although we are advised to reduce fat consumption, we do need some fat in the diet.

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## Iron in the Diet

Choose one of the population groups who may have need for extra iron or use your own food diary.

Using the following chart work out menus for a day for your chosen group to provide their RNI for iron.

Chosen population group:

RNI Iron (mg)

Age:

Sex:

Points to remember:

- Include all food and drinks. You will have to state what some foods are made up from, eg sandwich: 2 medium slices of white bread, margarine, 25g ham, 1 sliced tomato etc.
- Look back at the Balanced Plate model.

To work out amounts, use a nutritional analysis program or food tables.

Meal	Type of food / drink	Amount	Iron content (mg)
Breakfast			
Snack/drink			
Lunch			
Snack/drink			
Dinner			
Snack/drink			
			<b>Total</b>

### Have you been successful?

Compare the RNI with the total iron content for the day's meals. Would you make any changes?

Consider the effects of enhancers and inhibitors on the absorption of iron.

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## What, how and why?

Try answering these 10 questions based on the video.

1 What 5 sports are combined in the modern pentathlon?

\_\_\_\_\_

\_\_\_\_\_

2 How many hours training does Stephanie Cook do each day?

\_\_\_\_\_

3 What are the four main food groups?

\_\_\_\_\_

\_\_\_\_\_

4 Which food group provides our main source of energy?

\_\_\_\_\_

5 How many portions of fruit and vegetables do nutritionists recommend we eat a day?

\_\_\_\_\_

6 Which 2 minerals does meat contain?

\_\_\_\_\_

\_\_\_\_\_

7 Name 2 other benefits to the body from eating meat?

\_\_\_\_\_

\_\_\_\_\_

8 Which essential mineral is provided by milk and dairy foods?

\_\_\_\_\_

9 Why did Sainsbury's launch their Be Good To Yourself range?

\_\_\_\_\_

10 Name 4 ways in which the Be Good To Yourself range is promoted?

\_\_\_\_\_

\_\_\_\_\_