

Key Vocabulary

Eatwell Guide- A model that shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet

Ingredients- Foods that are combined to make a dish

Recipe- A list of ingredients and instructions for making a food dish

Composite food- Foods that contain ingredients from different food groups

Research- To find information out about something

The safe ways to cut:

The Bridge hold



The Claw Grip



Traffic light system

- **Red** means stop- the levels are high and we should eat this food less often and in smaller amounts.
- **Amber** means check- there are medium levels of fat, sugar and salt, so we shouldn't eat too many of these items daily.
- **Green** means go- this is a healthy choice.

Per 1/2 pizza (cooked) (approx. 156g) provides:

Energy (kcal)	Fat	Saturated	Sugar	Salt
233kcal	18.7g	8.6g	5.5g	1.84g
23%	Medium	High	Low	High

of your daily reference intake
Typical energy values per 100g: 1220 kJ / 295 kcal

EATWELL GUIDE



Don't forget our kitchen hygiene rules:

- tie back our hair.
- wash hands thoroughly with hot, soapy water.
- roll up our sleeves.
- wear an apron.
- remove any jewellery.
- not cough or sneeze over food.
- cover open cuts with a brightly coloured plaster.

How can we make pizzas a healthier choice?

- We can choose a lower-fat base and cheese and increase the vegetable toppings. We can eat less processed meats, like salami and reduce sauces such as barbecue sauce. We can also eat a smaller portion and serve it with a vegetable-based side dish, for example, a salad, a slaw, corn on the cob, or crudité's.
- Pizza is a composite food, meaning that the ingredients fit into different food groups on the Eatwell Guide:
- Flour for the base- Carbohydrate
- Oil for the base- Oils and spreads
- Tomato and sweetcorn- Fruit and vegetables
- Cheese - Dairy

Why is it important to have a healthy diet?

- A healthy diet helps you to grow, gives you energy, is good for nails, skin, hair, helps fight off infection and is good for the bowel. In the long term, eating healthy foods helps you: fight diseases, stay a healthy weight and live a healthy life for longer.
- Takeaway foods are very popular in the UK and one of the favourites is pizza. However, takeaway pizzas often contain high amounts of salt and fat as well as sugar. Eating these in excess is not good for our bodies and over time may cause diabetes, obesity and other long term illnesses. A healthier option is to make your own pizza.