

Key Words

1	Dietary fibre	Unrefined and untreated plant food.
2	Refining	Means that most of the outer, fibrous layers of wheat are removed and discarded during processing.
3	Soluble fibre	Which is contained in oats, rice, barley and fruit.
4	Insoluble fibre	Wheat, pulses (beans, peas, lentils) and the skin of fruit and vegetables.
5	Health Claim	Refers to a relationship between a food[or one of its components such as a vitamin, mineral] and health
6	Nutrition Claim	Suggests a food or drink has a particular nutritional benefit E.g. 'Source of Calcium'

Vegetables

1	Vegetables are classified according to the part of the plant they come from stems and leaves, flowers, roots, tubers and bulbs, fruits.
2	The nutrient value of different vegetables varies, with the exception of pulse vegetables (beans, peas and lentils) they contain little protein or fat. They are an excellent source of Vitamins A and C
3	It is recommended that we eat 5 pieces of fruit and vegetables a day, this will provide our bodies with anti-oxidants to help keep us healthy as well as nutrients.

Fruits

1	Gives us a variety of colour, flavour, and texture.
2	Provides water and succulence and is very refreshing.
3	Provides vitamins, especially vitamin C and dietary fibre.

Dietary Goals

1	Four national goals set by the Government to help everybody achieve a healthy and balanced lifestyle.
2	Goal One: Eat less fat - To prevent obesity, to lower the risk of heart disease, to lower cholesterol.
3	Goal Two: Eat less sugar - To prevent tooth decay & gum disease, to prevent obesity, to prevent the risk of developing type 2 diabetes.
4	Goal Three: Eat less salt - To help lower blood pressure, to help prevent heart disease.
5	Goal Four: Eat more fibre - To improve our digestive system, to lower the risk of bowel and intestinal diseases.

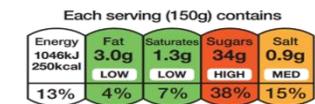
Fibre Facts

1	Fibre makes up the cell walls of plant foods such as cereals, vegetables, beans and fruit
2	Wholemeal foods such as bread, pasta and rice has the whole grain of the wheat ground, including most of the bran layer, so it contains more fibre.
3	Fibre is not digested and absorbed by the body. It is very bulky and absorbent, like a sponge, and so holds a lot of water.
4	It prevents constipation and other bowel related disorders. Fibre also acts as a 'mop' in the bowel and removes any harmful and poisonous substances from it.

Food Labelling- traffic lights system

What does green mean?	What does amber mean?	What does red mean?
If there is mostly green on the label, then this is telling you straight away it is low in that nutrient and a healthier choice!	This means the product is neither high nor low in the specific nutrient. You can eat foods with all or mostly amber on the label most of the time.	Red doesn't mean you cannot eat the product, but means the food is high in fat, saturated fat, salt or sugar. We should be cutting down on foods with lots of red on the label, or if they are eaten, to have less often and in small amounts.
So when choosing between similar products, try to opt for more greens and ambers, and fewer reds!		

Food Labelling-example



Command Words

1	Define	State or describe exactly the nature, scope, or meaning of something / establish the character of something; mark out the boundary or limits of something
2	Summarise	Give a brief statement of the main points of something.
3	Suggest	Used with another command word, e.g. Suggest an explanation. Suggest tells you that you need to apply your knowledge to a new situation, and in this case to give a possible explanation
4	Which	Asking for information specifying one or more people or things from a definite set.
5	Why	Giving a reason or explanation to support the answer of the question.
6	Interpret	Ascribe meaning.
7	Evaluate	Look at the information in the question and bring it together to make a decision and come to a conclusion with evidence from the question. You may be asked to give a personal response.