

The Eatwell plate: divide your food up

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| Group size | For everyone |
| Equipment | Paper, pens, markers |
| Safety requirements | None |

INFORMATION

The Eatwell plate is a food guide showing the proportion and types of foods that are needed to make up a healthy balanced diet. It has been produced by the Food Standards Agency to help people to understand and enjoy healthy eating. See the Food Standards Agency website at www.food.gov.uk; also check out its consumer website at www.eatwell.gov.uk.

The Eatwell plate is divided into five food groups:

1. Bread, rice, potatoes, pasta and other starchy foods.
2. Fruit and vegetables.
3. Milk and dairy foods.
4. Meat, fish, eggs, beans and other non-dairy sources of protein.
5. Foods and drinks high in fat and/or sugar.

It is shaped like a dinner plate and has been designed to make healthy eating simpler to understand and interpret. As a general guide, you should eat more foods from the largest groups and less from the smaller groups. But for healthy balanced eating, you should include foods from all the five food groups.

The Eatwell plate is designed for the general population. However, there are further specific dietary guidelines for pregnant women and young children, because these groups of the population have very particular dietary needs.

Remember, it's not necessary to achieve the balance of the Eatwell plate at every meal; however, you should try to achieve the right balance of foods in your diet over the whole day or over several days.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





Action!

FOOD FOR THOUGHT

Think about what changes you could make to your diet to create more balance.

- How many fruit and vegetables do you eat? Are you getting your 5 a day?
- Fill up on starchy carbohydrates such as breads or bread products – try pitas, bagels, wraps and fruit breads (go for wholemeal or wholegrain bread varieties as they are higher in fibre). This should help to reduce the temptation to snack on other foods such as crisps, pastries, confectionary or biscuits, although these foods are fine as an occasional treat.
- Reduce consumption of soft drinks such as fizzy drinks and squash, which are high in sugar.
- Drink more semi skimmed or skimmed milk, instead of whole milk.
- Eat less fried food. The fat content of chips can be reduced by using thicker cut chips or by having oven chips as they don't need to be cooked in oil, which is where the fat comes from. You could also go for potato wedges, so long as they are baked and not fried!

The Food Standards Agency has 8 top tips for making healthier choices:

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish.
4. Cut down on saturated fat and sugars.
5. Try to eat less salt – no more than 6g a day.
6. Get active and try to be a healthy weight.
7. Drink plenty of water.
8. Don't skip breakfast.

For more information on these tips for healthier eating check out the Eatwell website at www.eatwell.gov.uk.

TARGET

See how balanced your last meal was. Draw a plate size circle, divide it up into the Eatwell plate sections and draw/list what you ate at lunch in the various sections. How varied and balanced was your plate?

Remember, you do not have to achieve the balance of the Eatwell plate at every meal, but you should aim to achieve the right balance of food in your diet over one or two days. So if you find your plate was tipped in the balance of some particular food groups, think about what you could eat over the next day or so to even things out.

DID YOU KNOW

- Dried fruit counts as part of your 'at least 5 a day' portions of fruit and vegetables. As part of a healthy balanced diet you should eat at least 5 portions of a variety of fruit and vegetables each day – whether they are fresh, frozen, canned, dried or juiced (but fruit juice only counts as a maximum of one portion a day).
- Dried fruit such as currants, sultanas, raisins, apricots, dates and figs are a great snack; they provide energy, vitamins, minerals and fibre.
- There are more than 200 varieties of bread available in the UK, including ciabatta, pumpernickel, baguettes, soda bread, bagels and pitta.

Breakfast

| | |
|---------------------|----------------------|
| Group size | For everyone |
| Equipment | Paper, pens, markers |
| Safety requirements | None |

INFORMATION

Eating breakfast every morning is a really important way to get energy and valuable nutrients in your diet, and the best way to set your energy for the day, after going a night without food. Skipping breakfast can make you feel tired and leave you more likely to snack on foods that are high in fat and/or sugar later in the day.

Experts have found that eating breakfast is linked to better concentration and achievement at school, so make time to have something for breakfast every day.



Action!



FOOD FOR THOUGHT

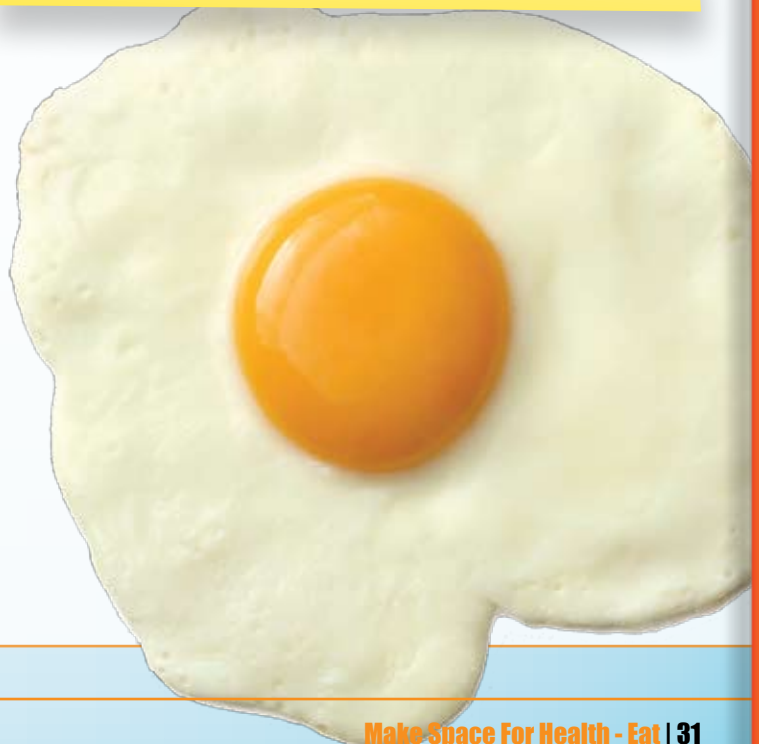
- Think about how the amount you eat, what you eat and when you eat affects the amount of energy you have.
- How do you feel when you are low in energy? List the feelings and what you can do to keep your energy levels high.
- How do you feel when you have lots of energy? List the feelings and what you can do to maintain those feelings.
- Create a range of breakfast recipe cards for your club. Include instructions on how to make the breakfast and circulate them in your club.

DID YOU KNOW

- The word breakfast means you are “breaking your fast” after a long night without food!
- It was only in the 17th century that people started having tea or coffee in the morning; before then it was beer or ale – obviously, this is not recommended!
- The most popular fruit eaten at breakfast is the banana.
- Breakfast should provide about one fifth to one quarter of your daily needs for energy (calories) and key nutrients such as protein and fibre.

TARGET

- Do you eat breakfast? Every day? What do you usually have? For one week, take a note of what you eat for breakfast and share this with the group.
- Take a poll of the favourite breakfast foods mentioned and, if your club offers breakfast, try some of them as part of the breakfast menu. Some healthy breakfasts include: wholegrain cereal with semi-skimmed or skimmed milk, wholemeal toast with a low fat spread, a mixture of fruits with low fat yoghurt, scrambled eggs on wholemeal toast.
- Fruit smoothies and juices tend to be high in vitamin C. Having a vitamin C rich drink with breakfast will provide extra nutrients and, in addition, will help with the absorption of iron from breakfast cereals.



DiETING DOS AND DON'TS

| | |
|---------------------|--------------|
| Group size | For everyone |
| Equipment | None |
| Safety requirements | None |

INFORMATION

Lots of people are concerned about their weight and are looking for ways to lose weight. These days it's hard to open a magazine without reading about the next miracle weight loss diet. But you've got to ask yourself, if these weight loss diets are so effective, why are there so many new ones? Shouldn't one do the trick? Weight loss diets are a problem because although they may provide short-term results they can be difficult to stick to and may deprive you of essential nutrients.

By cutting out key foods, fad diets have been known to cause:

- Dehydration
- Weakness and fatigue
- Nausea and headaches
- Constipation
- Inadequate vitamin and mineral intake.

Instead, when you're thinking about what you eat, the key word should be balance. Don't completely deny yourself the foods you know are less healthy, but even it out with healthier options. It's all about making sure you have balance in your diet – everything in moderation!

DID YOU KNOW

Here are five clues that a weight loss diet is not the right one for you:

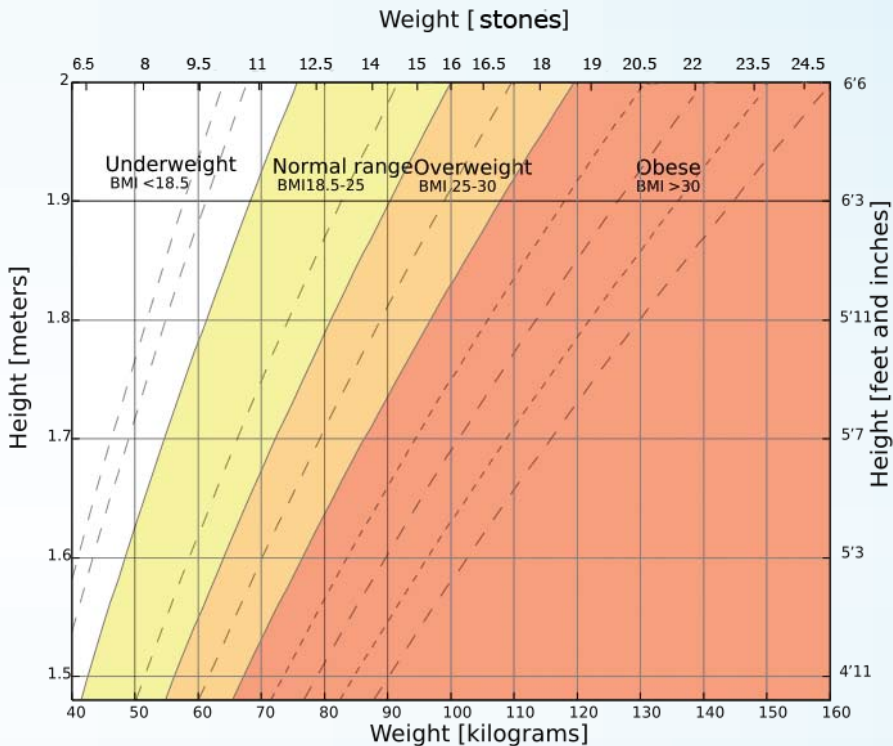
- 1. It is based on drastically cutting back energy (calories or kilojoules).** Starvation-type diets that require the body to fast often promise quick results. However, our bodies are simply not designed to lose weight very quickly and need to take on energy to function properly.
- 2. It is based on taking special pills, powders or herbs.** These are usually just gimmicks – don't be fooled by them.
- 3. It tells you to eat only specific foods or foods in certain combinations.** There is no reliable scientific proof that combining certain foods works. And limiting the foods you eat means you might not get all the nutrients your body needs to be healthy and function properly.
- 4. It makes you completely cut out fat, sugar or carbohydrates.** Denying our bodies of certain and much needed food groups is a bad idea (especially when they're still growing). It's better to eat smaller portions in well balanced and varied meals.
- 5. It requires you to skip meals or replace meals with special drinks or food bars.** As with diets that ban certain food groups, skipping or substituting meals can mean you don't get the nutrients your body needs to support healthy development.

FOOD FOR THOUGHT

In a group discuss the range of diets you have heard of. What is the most bizarre diet? Can you list the reasons why you think these diets are harmful?

Remember: work out what weight is right for you before you consider a weight loss plan.

To take a sensible approach to dieting, you need to know whether your weight is normal for your height. You can use the table below to work out where you are in the weight range.



TARGET

Yo-yo dieting, when your weight fluctuates, can slow down your metabolism (how quickly your body breaks down food), and this can actually cause weight gain. If you are concerned about your weight, try to focus on having a healthy, varied and balanced diet and an active lifestyle. Talk to a professional, e.g. school nurse or family doctor, about your concerns.

If you are concerned about your weight and would like to lose weight sensibly and without damaging your health, the best approach to take is to:

- Eat a varied and balanced diet
- Cut back on foods that are high in sugar and fat
- Get more active – exercise is the best way to burn off excess energy and help you feel energetic and positive!
- Balance your energy intake and your energy outtake.



Planning a healthy menu

| | |
|---------------------|--------------|
| Group size | For everyone |
| Equipment | Paper, pens |
| Safety requirements | None |

INFORMATION

There is an eating plan that works, with which you can reach a healthy body weight and maintain it over time. This plan also boosts your energy levels and improves your self confidence. It's called "balanced eating", and it's not rocket science! If you combine it with moderate physical activity it will change your life for the better.

First of all, remember that it's good to enjoy your food, and also:

- Listen to your body's signals and eat when you are starting to feel hungry.
- Eat until you have had enough – not until you are full.
- Eat slowly and enjoy your food.
- Eat regular and balanced meals, breakfast, lunch and dinner.



Snacking can help you fill in the food groups you might miss at a meal

FOOD FOR THOUGHT

Using your knowledge of a healthy eating why not treat your friends or family to dinner. This can be very simple. but try to include a variety of food groups and top it off with a delicious fruit salad for dessert. Have a look at the menus at the end of each section for ideas. Healthy eating can be fun, relaxing and a way of socializing. Why not plan your menu with a friend?

Make a list of the kinds of snacks that are available in your club at the moment and then make a list of suggestions for healthier options, e.g. fruit juice, fruit, nuts, sandwiches, soup, toasted panninis or home-made pizzas. Try these healthier snacking options: make your own fruit smoothies (frozen fruits are a great option for this), fruit salads or kebabs, mixed nuts, sandwiches with healthy fillings on wholemeal bread, homemade soups. You could also try making your own wholegrain snacks such as oat fruit flapjacks or fresh popcorn sprinkled with a little sugar or salt.

Then decide on when you will have a “snack attack” evening in your club, when one of the chosen snack recipes from the target bubble is made and eaten!



TARGET

Follow a healthy eating plan

- Eat plenty of fruit and vegetables.
- Base your meals around starchy carbohydrates, preferably wholegrain or wholemeal varieties where possible such as wholemeal and wholegrain bread, wholemeal pasta, brown rice and wholegrain breakfast cereals. These types of starchy foods are higher in fibre which we need for a healthy gut. They also help you to feel fuller for longer.
- Include moderate amounts of lean meat, fish, chicken, eggs, beans, lentils, nuts, tofu or Quorn.
- Include moderate amounts of milk, yogurt, cheese, and go for lower fat versions of these types of foods.
- Eat only small amounts of foods that are high in fat, sugar and/or salt, such as cakes, crisps, biscuits, spreads, cream and carbonated drinks.

For more information on eating well visit the Food Standards Agency website www.eatwell.gov.uk.

DID YOU KNOW

- The most important thing is to establish healthy eating habits that can last in the long term. It is ok to enjoy small amounts of “sometimes” foods that are high in sugar, salt or fats – like chocolate or chips – as long as you don’t have them every day. Remember, the majority of your diet should be made up of the other food groups from the Eatwell plate: fruit and vegetables; bread, rice, potatoes, pasta and other starchy foods; milk and dairy foods; and meat, fish, eggs, beans and other non dairy sources of protein like nuts, beans, lentils and soya products.
- Snacking can help you fill in the food groups you might miss at a meal, as well as the nutrients these food groups provide. It gives you the chance to drink the milk you forgot at breakfast, eat the fruit you skipped at lunch or the vegetables you forgot about at dinner!

Follow a healthy snacking plan

Not everyone snacks, especially if they don’t tend to feel hungry between meals. However if you do find you are hungry between meals, snacking can provide you with extra energy and nutrients in your diet, and help to fill you up. Make sure that you think about the way you snack and what you snack on – for example, try to avoid snacking when you are not really hungry or just because it’s a habit.

Herb and spice encyclopaedia

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|---------------------|--------------|
| Group size | For everyone |
| Equipment | None |
| Safety requirements | None |

INFORMATION

Spices and herbs are used in cooking and you might recognise some of them as flavour enhancers. They come from various parts of plants – the flower buds, seeds or leaves/stalks. They can be a healthier alternative to salt as a way of enhancing and complementing the flavour of food.

Traditionally, spices are considered to have an aromatic quality (make the food smell nice), are colourful and grow in tropical parts of the world. Herbs, on the other hand, often grow in more temperate climates and tend to be green and leafy.



DID YOU KNOW

Some kinds of herbs and spices that are used in cooking are:

allspice, aniseed, arrowroot, basil, bay leaf, caraway seed, cardamom, cayenne pepper, celery seed, chervil, chives, cinnamon, cloves, coriander, cream of tartar, cumin, curry powder, dill, garlic, ginger, horseradish, juniper, mace, marjoram, mint, mustard seed, nutmeg, oregano, paprika, parsley, pepper, poppy seed, rosemary, saffron, sage, tarragon, thyme, turmeric and vanilla.

Action!

FOOD FOR THOUGHT

Here are some interesting facts and cooking ideas for a selection of herbs and spices:

- Basil – is a green leafy plant from the mint family and is grown primarily in France, USA and the Mediterranean.

Try it out: basil is great with tomato and pasta dishes.

- Cardamom – is a seed from the ginger family and is grown in India and Sri Lanka. It is quite often used when cooking curries. In Arabic countries it is often used to flavour coffee.

Try it out: you could try flavouring a coffee cake with this spice, or some bread.

- Chives – are long, bright green shoots which are grown today mainly in California. They are a great garnish (topping for food).

Try it out: you could experiment with chives in a fish dish – pop them on at the last minute.

- Oregano – is a dried leaf and part of the mint family which is grown in the Mediterranean and is a great flavour for pizzas.

Try it out: experiment by adding it to your favourite pizza topping.

- Tarragon – is a shrubby herb from the sunflower family which is grown in Russia, Asia and France. It is used in pickles, relishes and mustards.

Try it out: use this herb in some egg and cheese dishes.

- Turmeric – is a spice from the ginger family which is grown in India, China and Indonesia. It is used in chutneys, pickles and curries.

Try it out: Add a pinch of it to soups, rice or when cooking vegetables.

Being a vegetarian

Group size

For everyone

Equipment

None

Safety requirements

None

INFORMATION

We all know vegetarians don't eat meat. Meat contains lots of protein so if you're missing out on it, you'll need to make sure you are getting it from other foods.

Many vegetarians do still choose to eat foods that are produced by animals like milk, cheese, yoghurt and eggs. It's very important that a vegetarian diet also includes non dairy sources of protein. Examples of these types of foods include beans, lentils, peas, nuts, Quorn and soya products, such as tofu. If these types of foods are included in the diet, along with fruit and vegetables and starchy foods, it can be easy to get all the nutrients your body needs to be healthy and function properly.

Some types of vegetarian diets are:

- Ovo-vegetarian: eats eggs; no dairy or meat.
- Lacto-ovo vegetarian: eats dairy and egg products; no meat.
- Lacto-vegetarian: eats dairy products; no eggs or meat.
- Vegan: eats only food from plant sources.

Vegetarian diets are only harmful to our health if we do not replace the nutrients that are provided by meat and meat products with suitable alternatives, such as those listed above. The following tips can help vegetarian teenagers to stay healthy:

- Include vitamin B12 in your diet. Vitamin B12 is only found in food products that come from animals. Potential suitable sources for vegetarians include dairy products and eggs or fortified foods such as breakfast cereals.
- Add iron to your diet. This mineral is essential for teenagers, especially girls that have started their periods as iron is lost during their monthly period. Whole grains, beans, nuts and dark green leafy vegetables are rich in iron. Having these types of foods with vitamin C rich foods, such as a glass of orange juice, or fruit and vegetables, will help your body absorb the iron they contain.
- Don't forget about zinc. This is needed to help our body release energy from food and with healing wounds. Zinc is in eggs, milk and dairy products, bread and cereal foods such as wheat germ, and nuts and tofu.
- Remember protein. Teenagers who get enough energy to maintain a healthy weight from a variety of plant foods such as lentils, beans, pulses and nuts, will get enough protein.
- Protect your bones. Teenagers require slightly more calcium for their growing bones. The best source of calcium is from milk and dairy foods, such as cheese and yogurt. Dark green leafy vegetables, beans and fortified cereals also provide calcium but it is not as easily absorbed by the body from these types of foods. If you avoid milk and dairy products it is a good idea to replace these foods with a calcium fortified alternative such as soya milk and soya products.





Action!

Roasting vegetables can completely change the taste and texture



Action!

Try putting a handful of peas in a curry

DID YOU KNOW

- The first Vegetarian Society was formed in 1847 in England. The main aim of the members was to dispel the common belief that it's not possible to lead a healthy life without eating meat!
- Vegetarianism has traditionally been linked to the people of ancient India. Even today, Indians make up more than 70% of the world's vegetarian population.



FOOD FOR THOUGHT

Don't like vegetables? Here are some top tips for fussy eaters:

- Try new ways of eating vegetables. Roasting vegetables can completely change the taste and texture – try it with tomatoes, peppers and carrots. What else can you roast?
- Why not try an unusual vegetable like a squash or aubergine – they're good roasted with herbs and spices or in pasta sauces. You may be pleasantly surprised!
- Rather than eating them on their own, try them with something else, like pasta or couscous. Or if they are roasted, melt a bit of cheese on top – this will mean the two foods complement each other and can be tastier together.
- Sometimes salads can look boring and unappetising. Try making your own salad with as many different colours of vegetables as possible, red, green, yellow, orange, brown, pink – how about purple?
- To get used to the flavour and texture of vegetables, try them combined with other things first. For example, try mashing root vegetables such as sweet potatoes, swede and carrots, adding extra veg to a pizza topping, adding salad to a sandwich, adding vegetables to pasta sauces or trying fruit and vegetable juices such as carrot and orange – some sweetness from the fruit will help disguise the vegetable flavour. How different are those tastes to the vegetable alone?

Why not try these ideas?

- Put a handful of peas in a spaghetti bolognese or curry.
- Pile up tomatoes, mushrooms and peppers on a pizza.
- Juice your own fruit and make your own fruit juice flavour combinations!
- Eat a rainbow – look out for, prepare and eat different coloured fruit and veg.

Eating for exams

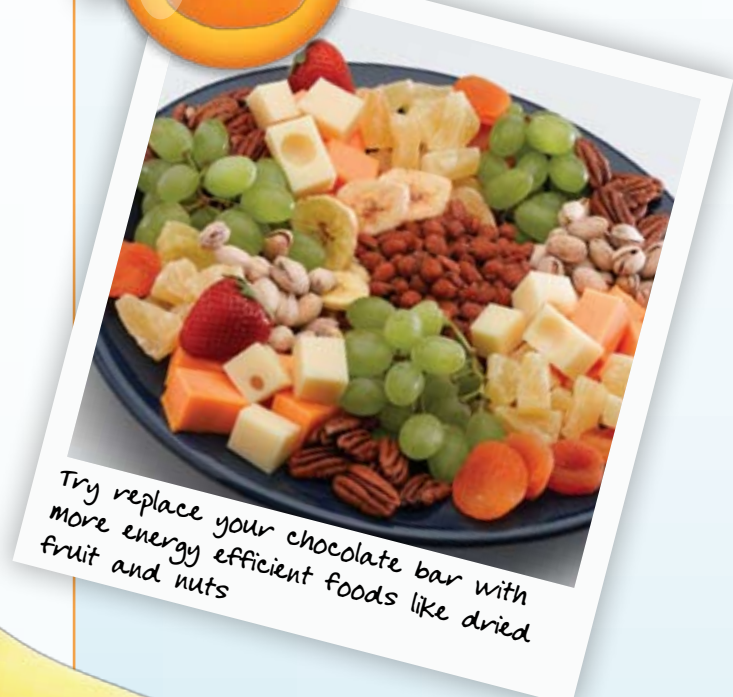
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|---------------------|--------------|
| Group size | For everyone |
| Equipment | Paper, pens |
| Safety requirements | None |

INFORMATION

Our brains rely almost entirely on glucose, a simple sugar (carbohydrate), to work properly. Because we use carbohydrate stores quickly, it is important to keep topped up during exams. In order to keep yourself in tip top shape for exams you should try to eat starchy foods which slowly release energy over a longer period of time, such as potatoes, pasta, porridge and muesli.

The British Dietetic Association (BDA) offer the following top tips for exam times:

- Balance your meals – you need to have enough energy to get you through the exams.
- Keep well hydrated – take your water bottle with you to revision sessions and exams.
- Try to eat at least 5 portions of fruit and vegetables each day as part of your diet.
- Make sure you're getting enough iron – this mineral helps you concentrate. Iron rich foods include meat, fish, beans, peas, lentils, fortified breakfast cereals (check yours out!), dried fruit and green vegetables. Vitamin C helps you absorb the iron from your diet, so have a glass of orange juice, a piece of fruit or a vegetable with each meal.
- Take a break every couple of hours, go for a walk or do something active, it will clear your head and help you focus.



Try replace your chocolate bar with more energy efficient foods like dried fruit and nuts



FOOD FOR THOUGHT

In a group, discuss what you eat and snack on the most during exam time. See whether you can replace some of these snacks with more energy efficient foods. Maybe replace your chocolate bar with some dried fruit and nuts. Create an Exam Food Plan, try it out and experience the benefits!

Plan your snacks – try not to grab just anything. Good ideas for snacks include:

- Bowl of cereal with semi skimmed milk
- Toast with peanut butter
- Vegetable sticks with low fat dips
- Hummus and pita fingers
- A low fat yogurt
- Glass of semi skimmed milk
- Fruit smoothie
- Bowl of vegetable soup
- Beans on toast
- Toasted English muffin
- Toasted bagel or crumpet
- Bowl of instant oats
- Oatcakes, digestives or crackers
- Small (matchbox sized) chunk of cheese
- Fresh or dried fruit – there’s so many to choose from!
- Mixed nuts
- Sliced fruit or malt loaf
- Hot cross bun

For some more information check out the British Dietetic Association website www.teenweightwise.com.



TARGET

- Have breakfast on the morning of your exam. It is the best start to any day but the stress of an exam may make you change what you eat and this may lead to different moods – so try to eat breakfast food that will give you energy for the day.
- When you are revising, draw up a timetable which includes study, eating and exercise zones.
- Don't skip meals to make time for more revision.

DID YOU KNOW

- Studies have shown that eating a healthy breakfast can help with better attainment in exams.
- Sometimes we can resort to coffee and chocolate during study sessions, but they really don't help us as much as we would like. While they may give a short boost, they are nearly always followed by an energy dip which leave you tired and drained.
- "Feel good" foods, which help the brain to produce the chemical serotonin, include chicken, bananas, pineapples, eggs, avocados, cheese, soya and peas.

Portion distortion

| | |
|---------------------|--------------|
| Group size | For everyone |
| Equipment | Paper, pens |
| Safety requirements | None |

INFORMATION

It is easy to think that healthy eating is all about what foods you eat, but the amount you eat is just as important. Often the portion you choose to eat will depend on things like how hungry you are, how much food there is on your plate and how much you like food. Your portion may be different from the serving size that is listed on the label of the food you are eating.

How many nutrients do I need?

The table opposite lists the Guideline Daily Amounts (GDAs) of different nutrients for different age groups. GDAs are different for males and females because their nutritional requirements are different.

As a guide, breakfast should provide about 20% of your GDA for each nutrient. Your two main meals should provide about 30% each. This leaves about 20% for food and drinks at other times.



FOOD FOR THOUGHT

What is portion distortion? List the kinds of things you eat or drink regularly and make a note of the following:

- How much was in the packet?
- What is the suggested portion size?
- How much you were served?
- How much did you eat?

How do you measure up? Do you eat the suggested portion size, or more, or less? If you eat more, why is this? Do you think eating a lot is a problem? (Think about energy balance.)

If you are really hungry when you eat, you're more likely to eat a larger portion. Eating regular meals is a good way to avoid the temptation to eat more than you really need. Again, it's all about balance!

For more information check out the British Dietetic Association website www.teenweightwise.com/making_changes/portion_sizes.aspx.



GUIDELINE DAILY AMOUNTS

| Age | Energy Calories (kcal) | | Fat (g) | | Saturated Fat (g) | | Fibre (g) | Salt (g) |
|-------|------------------------|--------|---------|--------|-------------------|--------|-------------|-------------|
| | Male | Female | Male | Female | Male | Female | Male Female | Male Female |
| 11-14 | 2200 | 1850 | 85 | 70 | 25 | 25 | 15 | 6 |
| 15-18 | 2750 | 2100 | 105 | 80 | 35 | 25 | 18 | 6 |
| 19+ | 2500 | 2000 | 95 | 70 | 30 | 20 | 18 | 6 |



Male



Female

(Source: www.teenweightwise.com)

How do your portions measure up to this? Are you on course for a balanced day? If you think they may be too much, some ways to reduce the amounts you eat are:

- Control – buy a smaller size or ask for less the next time you are served food, or share your portion with a friend!
- Think – how about ordering a smaller sized drink, or switching a carbonated drink to water, fruit juice or milk?
- Balance – just balance it out by eating less at your next meal or by doing some physical activity as well like going for a walk or a bike ride.
- Stop – once you feel comfortably full, stop eating. By the time you get the feeling of fullness, your stomach is already stretched and holding more than it should.

DID YOU KNOW

- You don't have to give up the foods you like in order to be healthy. Simply watch how much you eat and how often. It's all about balance!
- Eat slowly. It takes about 20 minutes for your brain to receive the message that your stomach is full. The slower you eat, the sooner you will recognize the message to stop eating before overdoing it. If you are eating out, avoid ordering a dessert at the same time as ordering your main meal, in case by the time you've finished your meal you feel too full for dessert.

Food evolution

| | |
|---------------------|-----------------------|
| Group size | For everyone |
| Equipment | Paper, pens, costumes |
| Safety requirements | None |

INFORMATION

We eat to survive. However, we also eat with friends and family to get a sense of belonging. Sometimes we eat to express gratitude or to be polite – for example, even if we are not hungry we would probably eat a slice of birthday cake if it has been baked for us.

And we take some foods for granted but actually they may only have been discovered or become popular in the last 100 years – for example, in some parts of the UK pumpkin used to be grown more for feeding livestock than to be eaten by humans. What and how we eat is affected by the cultural, historical and social influences around us.

And while our tastes for different foods may change over time and new recipes are created, the basic ingredients of our food aren't ever really "invented" – they are just put together in different ways. And in some cases what we eat is similar to what our ancestors ate. For example, meatloaf and hamburgers are a modern version of ancient Roman mince meat products. And cheese on toast has been eaten for centuries! Chips and French fries are an update on medieval fritters, while bread, beer and soup date back to 10,000BC.

The Intute website has a timeline of the history of food, starting from 3000 BC – you can see it at www.intute.ac.uk/socialsciences/timeline_History_of_food.html.



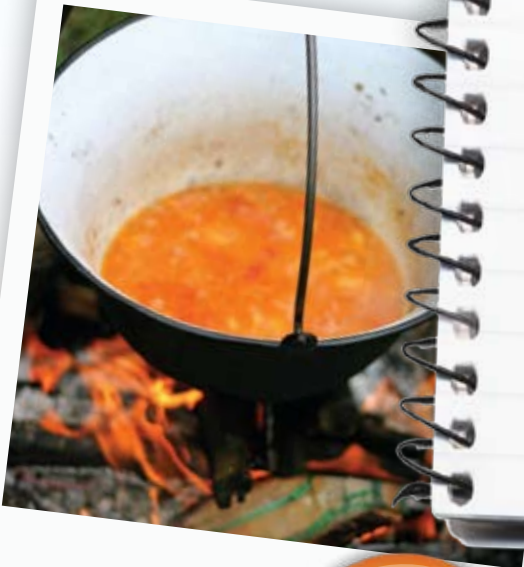
Action!

FOOD FOR THOUGHT

- Create a “feast night” in your club – you will need to do some research for this. Find out what kinds of foods Vikings, Romans and Greek people ate, design a menu and create some dishes, then come along in costume to dine!

Check out this section of the BBC website for some ideas on Viking food: www.bbc.co.uk/history/ancient/vikings/food_01.shtml.

- Talk to other club members and find out what cultures and religions are represented in your club. Ask them to tell you about the significance of their food culturally – does it have a religious or a social origin? Have a “culture” night at your club and bring in a food that you eat at particular celebrations or for particular cultural reasons.
- To learn more about different cultural foods, play the game 21 Questions. One person has to think of a type of ethnic food that perhaps not everyone eats all of the time. Then they are asked up to 21 yes/no questions by everyone else and the winner is the person who guesses the answer correctly.



DID YOU KNOW

- Attitudes to food are shaped by numerous different factors such as culture, e.g. in some cultures eating dog or horse meat is as acceptable as eating chicken and beef in the UK.
- Some religions also have an impact on the food that people eat, e.g. in Jewish and Muslim religions pork is not an acceptable meat to eat.
- Economics also affects what people eat. In the UK we can import food from around the world. However, in the poorest countries in the world they rely on home grown food and meat is often a luxury.
- In Britain in the 16th century the main meal of the day took place at 11am. This had moved to 3pm by the 18th century.
- Ketchup originates in Indonesia/Asia. In this part of the world there was a sauce called Kecap which was a popular pickled fish sauce. British sailors brought the sauce back to Europe in the 17th century and called it Cathcup. It was in America later that century that tomatoes were added to the blend.
- Marmalade was originally made from quince fruit and was a solid paste that was cut into slices and eaten as a finger food. It was used both as a dessert and even a medicine! What fruits are used these days to make marmalade?
- People often ate with their hands and shared dishes of food in Tudor England, so having clean hands was important, as it still is today. But back then it was bad manners to put bones back on a platter after eating the meat off – the “proper” place for them was on the floor!

Recipe ideas

Try some of these easy to make recipe ideas!

Noodlelicious Vegetablicious

39 Youth Club, Bognor Regis

Ingredients

- 400g cooked medium egg noodles
- 1 tablespoon of vegetable oil
- 2 carrots
- 100g baby sweetcorn
- 1 clove of garlic
- 1 red chilli
- 125g beansprouts
- 1 sachet black bean sauce
- 1 handful of coriander

Equipment

Weighing scales, chopping board, sharp knife, garlic crusher, peeler, wok or frying pan, wooden spoon, measuring spoons, serving plates.

Serves 4

Method

- 1) Remove the ends from the carrots, peel and cut into matchstick sized pieces.
- 2) De-seed the chilli and cut into small pieces.
- 3) Peel and crush the garlic.
- 4) Finely chop the coriander.
- 5) In a large frying pan or wok heat the oil. Add the carrots, chilli pepper and garlic and cook for 3–4 minutes, stirring all the time.
- 6) Next add the beansprouts and baby sweetcorn. Continue to cook for a few minutes.
- 7) Add the cooked egg noodles and black bean sauce and mix all the ingredients together thoroughly. Cook for a further minute.
- 8) Remove from the heat, garnish with the coriander and serve.

Top tips

- Use reduced salt, sugar and fat sauces.
- Try other seasonings for flavour such as ginger or lime juice.
- Add chicken pieces, strips of beef, salmon, nuts or tofu for a source of protein.



Chicken Tortilla Wraps

Nix Place Youth Club, St Leonard's on Sea

Ingredients

- 2 chicken breasts
- 1 tablespoon of vegetable oil
- 4 tortilla wraps
- ½ iceberg lettuce
- ½ cucumber
- 1 red pepper
- 1 yellow pepper
- 2 tomatoes
- 1 lime
- 1 clove of garlic
- 2 tablespoons of low fat mayonnaise

Equipment

Chopping board, sharp knife, spreading knife, frying pan or wok, measuring spoons, juicer, garlic crusher, spoon, small mixing bowl, glass dish, serving plates

Serves 4

Method

- 1) Cut the chicken breasts into small chunks and place in a glass dish. Squeeze over the lime juice. Cover and place in the fridge to marinate for at least 30 minutes.
- 2) Heat the oil in a pan and fry the chicken for about 10 minutes, until it is cooked through and golden brown. Remove from heat.
- 3) Shred the lettuce, cut the peppers into strips, slice the cucumber and cut the tomatoes into small chunks.
- 4) Peel and crush the garlic. Mix with the low fat mayonnaise in a small mixing bowl.
- 5) Spread some of the garlic mayonnaise on to a tortilla wrap and top with some shredded lettuce, strips of pepper, cucumber slices, tomato chunks, and chicken pieces in the centre of the wrap.
- 6) Fold up the tortilla wrap and place on a serving plate.
- 7) Repeat another 3 times with the remaining tortilla wraps, salad ingredients and chicken.
- 8) Eat and enjoy!

Top tips

- Try different types of tortilla wraps such as plain, wholemeal or seasoned.
- Experiment with other types of bread, e.g. pitta bread or bagels.
- Use different fillings, such as hummus and grated carrot, or canned salmon and low fat cheese spread.



Vegetable Pizza

Calvary Morning Glory Club, London

Ingredients

- 1 clove of garlic
- ¼ green pepper
- ¼ red pepper
- ¼ yellow pepper
- 2 mushrooms
- 1 tomato
- 1 tablespoon of tomato puree
- 75g mozzarella cheese
- 1 pizza base

Equipment

Weighing scales, chopping board, knife, small glass bowl, spreading knife, baking tray, oven gloves.

Serves 4

Method

- 1) Preheat the oven to 180°C or gas mark 4.
- 2) Grease a baking tray and place the pizza base on the tray.
- 3) Peel and chop the garlic, mix with the tomato puree in a small glass bowl.
- 4) Spread the tomato puree over the pizza base.
- 5) Remove the seeds from the peppers and slice into strips. Arrange on the pizza.
- 6) Slice the mushrooms and tomato and place on top.
- 7) Slice the mozzarella cheese and place on the pizza.
- 8) Cook in a preheated oven for 10–15 minutes, or until the cheese has melted and the pizza is lightly browned.
- 9) Carefully remove the pizza from the oven, using oven gloves, cut in to quarters and serve.

