






## 1. Knowledge is power

1	Healthy relations hip with food	People with a healthy relationship to food eat mindfully. Eat when they're <i>physically</i> hungry. Don't "make up" for a meal. Or eat to see a change on the scales and they don't let food interfere with daily life.
2	Food and physical health	The food we consume can have an effective on our physical health both in a positive and negative way. Too much of a certain nutrient can cause illness (e.g. fat and obesity). Certain nutrients can also help improve your health (e.g. iron prevents anaemia).
3	Food and performance	Everything we put into our bodies has an affect on how we perform both our daily activities and sports performance. Dieticians have an vital job when working with top athletes as each athlete/sport has a different focus and each nutrient has a different benefit.
4	Food and mental health	Mental health effects how we think, feel and behave. Foods that have a positive effect: <ul style="list-style-type: none"> <li>Healthy fats: nuts and olive oil</li> <li>Oily fish: salmon and tuna</li> <li>Fruit and vegetables</li> </ul> Foods that have a negative effect <ul style="list-style-type: none"> <li>Sugar</li> <li>Caffeine</li> <li>Processed food</li> </ul>
5	Food and morality	Morality means the principles of what is right and wrong or good and bad behaviour. In food it usually links to SMEE issues. How what we eat impacts our environment and those around us.

## 2. How to adapt a recipe

1	Noodle stir-fry 	Type of noodles: dry, fresh, egg, rice, udon, Sauce Ingredients: soy, fish sauce, ginger, chilli, garlic Protein and vegetables: beef, tofu, egg, carrot, asparagus, broccoli, onion, nuts
2	Protein pasta 	Type of pasta: wholemeal, penne, spaghetti Protein and vegetables: Minced turkey, onion, mushrooms, peas Tomato sauce flavour: Onion, paprika, tinned tomatoes, garlic
3	Fruit cheesecake 	Type of biscuits: Gingernuts, digestives Flavour of cream topping: Lemon, blueberry, mango, pineapple Topping/decoration: Crystallised lemon slices, blueberry cluster, chocolate decoration, strawberry fans
4	Chicken and chips 	Type of potato: Sweet potato, white, new Fish/chicken: Salmon, Pollock, chicken, turkey  Coating/seasoning: Cornflakes, rice krispies, cherrios paprika, oregano, chilli
5	Vegan recipe 	Chosen dish: Blueberry muffins or burrito bowls  Garnishes: Fruit carving, homemade sauces (salsa, mint yoghurt, lemon curd)

## Key Vocabulary

1	Deficiency	A lack/shortage of a nutrient in the body.
2	Excess	Too much of a nutrient in the body.
3	Macronutrient	A nutrient required in large amounts in the diet. E.g. carbohydrates, fats, protein.
4	Micronutrient	A nutrient required in small amounts in the diet. E.g. vitamins, minerals and NSP.
5	Anaemia	A condition that can be caused by lack of iron in the diet where you lack enough healthy red blood cells to carry enough oxygen around the body.
6	Diverticulitis	A condition that can be caused by lack of NSP/fibre in the diet. It is where small pouches develop in your digestive system and they get infected or inflamed.
7	Osteoporosis	A condition that can be caused by lack of calcium/vitamin D in the diet. It weakens bones making them fragile and more likely to break.
8	Well-being	Well being is feeling well, feeling positive. Includes having good mental health and high life satisfaction.
9	SMEE Issues	Social, moral, ethical and environmental issues e.g. Organic, Halal, Fair trade, farm assured, veganism
10	Symptoms	A physical or mental feature that points to a condition or disease.

☐ Think ow else does food effect our lives.

☐ Research benefits of cooking for yourself.

☐ Can you think of any other new words you've learnt in this project?