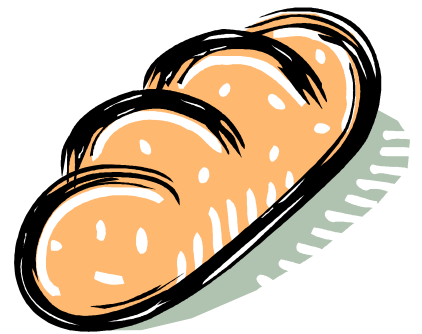
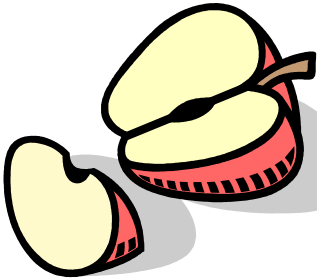
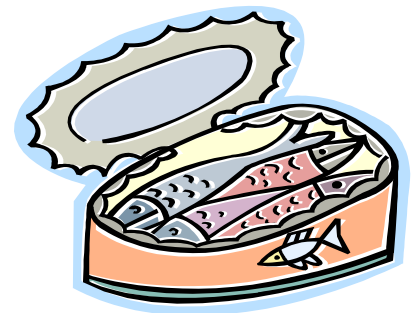


S3 Hospitality



Scottish Dietary Goals



By the end of this task you should be able to remember:

- The names of all of the Scottish Dietary Goals.
- How to describe practical ways of meeting the goals.
- How to explain the benefits of meeting the goals.

DIETARY GOALS - please take time to read this 😊

The Scottish Government have issued a set of guidelines that should help improve the health of the nation. These guidelines are called "goals" and they show how our diet needs to change to reduce obesity and other diet-related diseases.

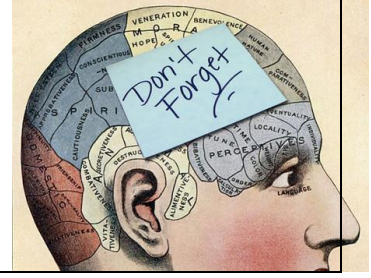
make it happen 



Dietary Goal Linked to:	overview	detail
Calories	Eat less calories	Each person should reduce the amount of calories eaten per day by cutting down the amount of fatty and sugary foods and by replacing them with starchy carbohydrates (like bread, pasta, rice and potatoes) and fruit and vegetables.
Fruit and vegetables	Eat more fruit and vegetables	Each person should reach at least 5 portions per day, which is more than 400g per day.
Oily fish	Eat more oily fish	Each person should aim to have at least one portion every week (140g).
Red meat	Eat less red meat	Each person should have only around 70g of red meat every day. Care should be taken to limit the amount of cooked meats and bacon.
Fats	Eat less fat	Each person should reduce the amount of total fat and saturated fat eaten. We should reduce the amount of trans fatty acids (found in cakes, cookies and pies)
Sugar	Eat less sugar	Each person should eat less food products with added sugar (caster sugar, granulated sugar, glucose) Care should be taken to control the amount of honey and fruit juice.
Salt	Eat less salt	Each person should have no more than 6g per day.
Fibre	Eat more fibre	Each person (11-16 years old) should aim to eat around 25g per day and adults 30g per day, by eating more wholegrains, pulses (peas, beans, lentils) and vegetables.
Total carbohydrate	Maintain total carbohydrate	Each person should make sure that around half of their food energy comes from total carbohydrates, so this means eating less sugar and more starches (bread, rice, pasta, ideally wholemeal versions).

Introduction Task

To help you remember the goals when you are planning your meals and snacks, your task is now to complete the missing words in the table below. Use the detail from the table on the previous page to help you. Can you complete some of it from memory?



Dietary Goal Linked to:	overview	detail
Calories	Eat _____ calories	Each person should _____ the amount of calories eaten per day by cutting down the amount of _____ and _____ foods and by replacing them with starchy _____ (like bread, pasta, rice and potatoes) and fruit and vegetables.
Fruit and vegetables	Eat more _____ and vegetables	Each person should reach at least 5 _____ per day, which is more than _____ per day.
Oily fish	Eat more oily _____	Each person should aim to have at least _____ portion every week (140g).
Red meat	Eat less _____ meat	Each person should have only around _____ of red meat every _____. Care should be taken to limit the amount of cooked meats and _____
Fats	Eat _____ fat	Each person should reduce the amount of _____ fat and _____ fat eaten. We should reduce the amount of trans fatty acids (found in cakes, _____ and pies)
Sugar	Eat less _____	Each person should eat less food products with added _____ (caster sugar, granulated sugar, glucose) Care should be taken to control the amount of _____ and fruit juice.
Salt	_____ less salt	Each person should have no more than 6g per _____.
Fibre	Eat _____ fibre	Each person (11-16 years old) should aim to eat around _____ per day and adults _____ per day by eating more wholegrains, _____ (peas, beans, lentils) and vegetables.
Total carbohydrate	Maintain total _____	Each person should make sure that around _____ of their food energy comes from total carbohydrates, so this means eating less _____ and more starches (bread, rice, pasta, ideally _____ versions). .

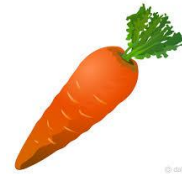
In the following pages you will find several ways to meet the goals and also learn the benefits to health.

FRUIT AND VEGETABLES GOAL



WAYS to INCREASE VEGETABLES

- A variety of salads can be added as a side for each meal e.g. coleslaw or tomato salsa.
- Vegetables can be cut tiny and included into stews and casseroles, including Bolognese sauce or curry.
- Extra vegetables can be added to soups.
- Some vegetables can be used to make healthy drinks as alternatives to sugary fizzy drinks e.g. freshly made fruit juice with apples with added carrot and cucumber.
- Some vegetables (e.g. carrots, cucumber and celery) can be eaten as snacks.



WAYS to INCREASE FRUIT

- Fruit can be eaten as a snack.
- Soft fruit can be put on skewers to make fruit kebabs
- Fresh fruit juice can be used instead of sugary fizzy drinks.
- Fruits can be added to many baked products (e.g. flapjacks, muffins).
- Fruits can be added to breakfast cereal e.g. strawberries or bananas.
- Fruits can be added to savoury dishes e.g. mango in a curry or fresh orange pieces in a salad.



Task 1 Make a list of fruit and vegetables

Can you list as many fruits and vegetables you can think of?

Use the internet for this or ask members of your family to help you.

Let's see who can list the most!

Fruits:

1. Bananas
2. Apples
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Vegetables:

1. Red peppers
2. Carrots
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Task 2 Making healthy changes: Complete the following table by listing some meals, snacks and drinks that are currently in your diet - pick ones that don't help meet the fruit and vegetable goal. Then make changes to help meet the goal. Please make sure the changes you make are actually something you are willing to try!

CURRENT MEAL, SNACK OR DRINK	HEALTHY ALTERNATIVE WITH MORE FRUIT / VEGETABLES
For breakfast I sometimes have toast with Nutella.	I could change this to toast with banana.



**WHAT ARE THE BENEFITS of INCREASING FRUIT and VEGETABLES?
PLEASE READ THE INFORMATION BELOW.**

- Adds fibre, so can help prevent constipation and bowel cancers.
- Low fat content so should not cause weight gain or obesity.
- Supplies vitamins A, C and E (ACE) which can help prevent cancers and Coronary Heart Disease.
- Supplies Vitamin C which is needed to fight infection and heal wounds.
- Supplies Vitamin A which is needed for good night vision and healthy skin.



Task 3 Use the internet to find out more information about the benefits of having more fruit and vegetables in you diet and add this to the text box. You could try to find out more about the benefits listed above.

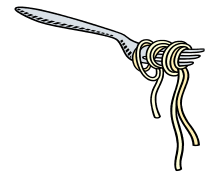
Task 4 Smooth talking!

Imagine you own your own fruit smoothie company and have been asked to make a 2-minute speech to encourage young people to buy your product. You need to include health benefits. A 2-minute speech should have 150 words in it - depending on how fast you talk! What would you say? Create your speech in the text box on the next page.



My speech:

FIBRE GOAL



WHAT ARE THE WAYS to INCREASE FIBRE (and the Maintain Total Carbohydrate goal)? PLEASE READ THE INFORMATION BELOW.

- Home-made soups using grains and pulses (like lentils) can be used instead of tinned soup.
- Wholemeal flour can be substituted for white flour.
- Wholegrain breakfast cereals like Bran Flakes should be used instead of sugar coated breakfast cereals like Coco Pops.
- Wholemeal bread should begin to replace white bread (e.g. in sandwiches).
- Breadcrumbs for coating food can be made from wholemeal bread/ crushed breakfast cereal.
- Use oats in desserts e.g. crumbles and also when making biscuits.



WHAT ARE THE BENEFITS of INCREASING FIBRE? PLEASE READ THE INFORMATION BELOW.

- Low in fat & sugar so should not cause excess weight gain. This could help prevent Coronary Heart Disease and Type 2 diabetes in later life.
- Helps prevent constipation / bowel disorders / bowel cancers.
- Helps to create a feeling of 'fullness' so that you're less likely to snack on high fat & sugar.

Task 5 If you feel fuller for longer, you are less likely to need the sugary & fatty snacks like crisps and chocolate. Can you explain why this is good in the text box below?



OILY FISH GOAL

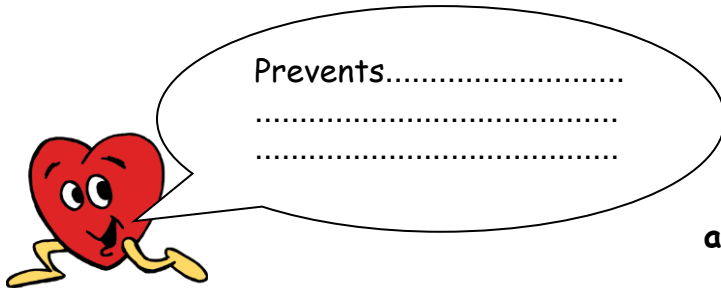


WHAT ARE WAYS TO INCREASE OILY FISH? PLEASE READ THE INFORMATION BELOW.

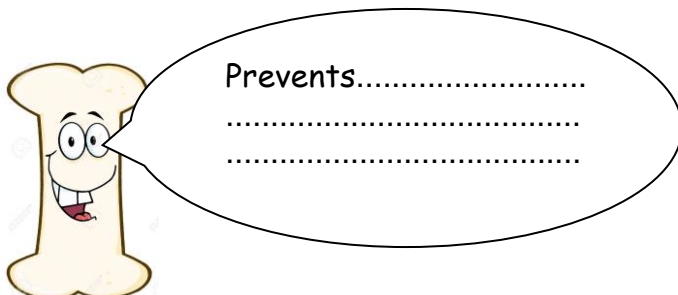
- Oily fish like salmon, trout, and mackerel can be used to replace some meats in certain dishes (e.g. stir-fry, fish burgers and risotto).
- Oily fish can be used in a wide range of products (e.g. as a filling for pitta bread, or pizza topping).
- Fish can be used as a starter (e.g. mackerel pâté, smoked salmon.)

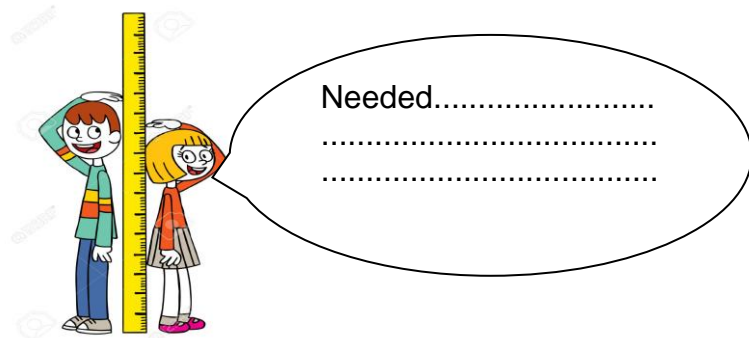
WHAT ARE THE BENEFITS of INCREASING OILY FISH? PLEASE READ THE INFORMATION BELOW.

- Contain essential fatty acids, which help prevent Coronary Heart Disease (CHD).
- Contains Vitamin D, so helps to prevent rickets and osteoporosis which affect your bones.
- Provides protein needed for growth, repair and maintenance of body tissues.
- Fish oils (Omega-3) may help prevent blood clots and will help keep heart cells and membranes healthy and this can prevent coronary heart disease.



Task 6 Look at the benefits of eating more oily fish and complete the sentences in the correct speech bubble.





SALT GOAL

WHAT ARE THE WAYS to REDUCE SALT in the diet. PLEASE READ THE INFORMATION BELOW.

- Reduce the amount of salt added during cooking and do not add salt at the table.
- Use herbs and spices to season rather than salt.
- Use stock cubes and soy sauce sparingly as they have added salt.
- Use low salt products if available (there are salt alternatives available in all supermarkets).

WHAT ARE THE BENEFITS of REDUCING SALT? PLEASE READ THE INFORMATION BELOW.

- High intake of salt is linked to higher risk of high blood pressure (hypertension), coronary heart disease and strokes.

Task 7 Here are just a few "high salt" food items that a teenager could eat in 1 day. **It all adds up!** Add the amounts of salt together to get a total salt amount.

Food item	Amount of salt per pack/portion
1 bag Cheese and onion crisps	0.5g
30g (slice) cheddar cheese	0.6g
2 rashers bacon	3.8g
2 slice white bread	3.0g
1 cuppa soup	2.9g
$\frac{1}{2}$ pepperoni pizza	2.8g
$\frac{1}{2}$ medium bag tortilla chips	0.8g
Total salt	

Can you remember what the goal was for salt per day?.....

Is the total salt in the table above, higher or lower than the dietary goal?.....

All of the above items have been manufactured in a factory or takeaway food outlet, so this means they are processed. Can you list some processed foods that you could cut down on to help reach the salt goal.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

RED MEAT GOAL



WHAT ARE THE WAYS to REDUCE RED MEAT in the diet. PLEASE READ THE INFORMATION BELOW.

- Reduce the amount of red meat in the diet by swapping red meat like beef, pork and lamb for white meat like fish, chicken or turkey.
- Try having a 'meat free' day for example by having a savoury cheese salad sandwich for lunch and a vegetarian tomato pasta for dinner.
- Try Quorn products which are vegetarian alternatives that look like meat but are 100% vegetarian, like Quorn sausages, mince and 'chicken' pieces.
- Lower your red meat intake by having 1 piece of bacon with your breakfast instead of 2.

WHAT ARE THE BENEFITS of REDUCING RED MEAT? PLEASE READ THE INFORMATION BELOW.

- High intake of RED MEAT is linked to higher risk of bowel and colon cancers, coronary heart disease and obesity.

Task 8 Look at the table below and make food swaps to lower your red meat consumption.

Red Meat	Swap to
Ham sandwich	
Lamb Curry	
Beef Burger	
Sausage and Mash with 4 sausages	
Haggis, turnip and potatoes	

FAT GOAL



WHAT ARE THE WAYS to REDUCE FAT (and the calories goal) intake in the diet. PLEASE READ THE INFORMATION BELOW.

- Reduce the amount of fat in the diet by grilling food instead of frying e.g. grill burgers instead of frying.
- Try using low fat products like semi-skimmed (green) milk instead of whole (blue) milk, cheese and butter.
- Try swapping from saturated (bad fats) to unsaturated (good) fats e.g. butter to poly-unsaturated margarine which helps to prevent dietary diseases like obesity and heart disease.
- Lower your red meat intake which has a high saturated fat content and choose oily fish and white meats or Quorn as protein rich alternatives.

WHAT ARE THE BENEFITS of REDUCING FAT? PLEASE READ THE INFORMATION BELOW.

- High intake of FAT is linked to higher risk of cancers, coronary heart disease, type 2 Diabetes, weight gain and obesity.

Task 9 Have a look in your fridge and cupboards at home and type in the table below 4 typically high fat foods and 4 low fat foods (look for any packaging that includes the words 'light,' 'low fat,' 'skimmed').

High Fat Foods	Low Fat Foods

SUGAR GOAL



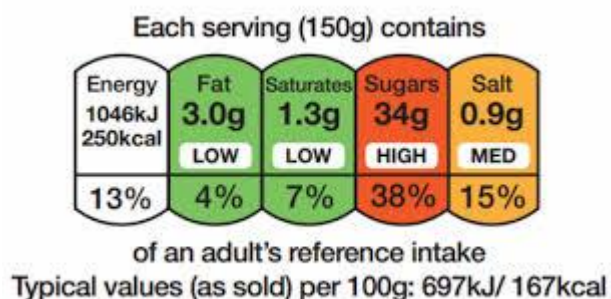
WHAT ARE THE WAYS to REDUCE SUGAR intake (and the calories goal) in the diet. PLEASE READ THE INFORMATION BELOW.

- Reduce the amount of sugar in the diet by choosing natural sugars (sugars that occur naturally in fruit) instead of added or 'free sugars' which are artificial sugars added to foods like cakes and biscuits.
- Try cutting down on the amount of chocolate, sweets and cakes you are eating every day and week.
- Add fresh, dried or frozen fruit to wholemeal breakfast cereals.
- Aim to swap fizzy juice to water or low sugar alternatives like fruit or diluting juice with natural and no added sugars.

WHAT ARE THE BENEFITS of REDUCING SUGAR? PLEASE READ THE INFORMATION BELOW.

- High intake of SUGAR can lead to tooth decay and dental caries, Type 2 Diabetes and Obesity.

Task 10 Food manufacturers in the UK have the option of using the traffic light system on the front of packaging where **red is high**, **amber is medium** and **green is low**.



Pick 5 items of food in your house that contain the traffic lights on the front of the packaging and list whether they are **red**, **amber** or **green** for their sugar content.

Name of food product	Traffic light colour

Success Criteria



- I know the names of all of the Scottish Dietary Goals.
- I can describe practical ways of meeting the goals.
- I can explain the benefits of meeting the goals.