

# Unit three: use food and nutrition information to plan a healthy diet assessment

[Nutrition](#)



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Assessment You should use this file to complete your Assessment. - The first thing you need to do is save a copy of this document, either onto your computer or a disk - Then work through your Assessment, remembering to save your work regularly - When you've finished, print out a copy to keep for reference - Then, go to [www. vision2learnforschools. com](http://www.vision2learnforschools.com) and send your completed Assessment to your teacher via your My Study area — make sure it is clearly marked with your name, the course title and the Unit and Assessment number. Name: 1a) What is meant by the term ' food additives'?

Food additives are substances added to food to preserve flavour or enhance its taste and appearance. There are a few different types which are natural, artificial or nature identical. Natural are from natural substance, they are often extracted from one food and then used in another. Artificial these are not made from a natural substance. Nature identical are man made copies of something that happens in a natural way they are often cheap and available in larger masses. 1b) Complete the table below by identifying five examples of additives and describing what they do (what are their functions?). |

Additives	What they do
1.	They help prolong shelf life, they are added to things such as     Antioxidants   bakery products, meat pies and soups. They stop the food mixing with     oxygen and turning bad.     2.   They make it more visually attractive and appealing to potential     Colours   customers.       colouring may be used to return peas to their usual green colour or       to enhance them to make it brighter.     3.   They help ingredients mix together, for example oil and water to     Emulsifiers   mix, Stabilisers stop foods separating after they've mixed.     4.   These are added to food to bring out

the flavour. One of the most | | Flavour enhancers | commonly used flavour enhancers is monosodium glutamate. | | | They are added to make foods sweeter and to make foods taste better. | | Sweeteners | | 1c) Explain the benefits of food additives. Food additives are good because they keep food fresh and reduce risk of poisoning. They help improve the nutritional value of foods and make food last longer. They also improve the colour, taste and flavour of foods. The advantages of food colourings are may to both supermarkets because they make the food look much more attractive so customers are more likely to buy them if they are standing out at the customer. Also for parents with children who don't really want to eat food, if the food looks better then this can help them want to eat it. There are also many different types and it is clear there are many benefits to them. 1d) give a short explanation of the legislation relating to the use of additives. The sweeteners in food; The Regulations came into force on 27 May 2003. It is where sweeteners are separated in Wales, England and Scotland. There are four separate sets of Sweeteners in Food Regulations. The England Regulations apply only in England, the Scotland Regulations apply only in Scotland and The Welsh Regulations apply only in Wales. Commission Directive; Commission Directive came into force on 27 August 2008, it Laid down specific purity criteria on food additives other than colours and sweeteners. Guar gum is authorised as a food additive for use in food. In particular, it is used as thickener, emulsifier, and stabiliser. These laws are in place to protect us if they weren't it would be easy to put some very bad additives into our food. 2. Identify the nutritional information that must be provided on food labels. Food manufacturers are not required by law to

provide nutritional labelling. However, if they make a claim such as 'low sugar' or 'high fibre' they must support it with nutritional labelling. Many manufacturers do show nutritional labelling which allows consumers to make healthier choices. Two systems of nutritional labelling have been agreed by the European Community. These are details about energy, protein, carbohydrate and fat and the second supplies details about those as well as sugars, saturates, fibre. It is always helpful to have nutritional information because it allows us to make some healthy choices. 3. Complete the table

below with the guideline amounts of fat, sugar and salt that should be in an adult diet. | | Guideline amounts | | Fat | Women; 70g | | Men; 95g | | Sugar | Women; 90g | | Men; 120g | | Salt | Women; 6g | | Men; 6g | 4. Collect three food labels and, from the information on these labels, explain whether the foods are high, low or neither in terms of fat, sugar and salt content.

Food label 1: | Nutrition | | Typical Values | Typical values | - | | | per 100g | | | Energy | 2168kJ | - | | | 520kcal | - | | Fat | 30. 6g | - | | of which saturates | 2. 5g | - | | of which mono-unsaturates | 24. 1g | - | | of which polyunsaturates | 4. 0g | - | | Carbohydrate | 52. 6g | - | | of which sugars | 2. 6g | - | | Fibre | 4. 3g | - | | Protein | 6. 3g | - | | Salt | 1. 22g | - | Cheese & Onion Walkers Crisps Fat; High Sugar; Low Salt; Neither Food label 2: | Nutrition | | Typical Values | 100g contains | Each scoop (55g) | | | contains | | Energy | 960kJ (230kcal) | 530kJ (125kcal) | | Protein | 2. 4g | 1. 3g | | Carbohydrate | 37. 1g | 20. 4g | | Sugars | 28. 5g | 15. 7g | | Fat | 7. 7g | 4. 2g | | Saturates | 4. 8g | 2. 7g | | Mono Unsaturates | 1. 5g | 0. 8g | | Polyunsaturates | 0. 4g | 0. 2g | | Fibre | 0. 2g | 0. 1g | | Sodium\* | 0. 1g | trace | |\*Salt Equivalent | 0. 1g | trace | Tesco Caramella Ice Cream Fat; Neither Sugar; High Salt; low Food label 3 |

Nutrition | | Typical Values | 100g contains | Each biscuit | | | (16. 9g)  
contains | | Energy | 2070kJ (495kcal) | 350kJ (85kcal) | | Protein | 6. 8g | 1.  
2g | | Carbohydrate | 63. 7g | 10. 8g | | Sugars | 27. 4g | 4. 6g | | Fat | 22. 9g |  
3. 9g | | Saturates | 11. 7g | 2. 0g | | Mono Unsaturates | 8. 4g | 1. 4g | |  
Polyunsaturates | 2. 3g | 0. 4g | | Fibre | 3. 0g | 0. 5g | | Sodium\* | 0. 3g | 0.  
1g | | \*Salt Equivalent | 0. 8g | 0. 1g | Tesco's chocolate digestives Fat; High  
Sugar; High Salt; Neither 5. Using the same three food labels from Question  
4, calculate the energy that is provided by the fats, protein and  
carbohydrates in each of these foods. Label 1: Cheese & Onion Walkers  
Crisps Fats:  $30.6 \times 9 = 275.4$  calories Carbohydrates —  $52.6 \times 4 = 210$   
calories Protein -  $6.3 \times 4 = 25.2$  calories Label 2: Tesco Caramella Ice Cream  
Fats:  $7.7 \times 9 = 69.3$  calories Protein-  $2.4 \times 4 = 9.6$  calories Carbohydrates-  
 $37.1 \times 4 = 148.4$  calories Label 3: Tesco's Chocolate Digestives Fats:  $22.8$   
 $\times 9 = 205.2$  calories Protein-  $6.8 \times 4 = 27.2$  calories Carbohydrates-  $254.8$   
calories 6. Describe the ways in which food labels claims and descriptions  
may be misleading. Natural — Some people think natural means healthy. It's  
also possible that a food label may exaggerate on the natural things but it  
also hides unhealthy additives. Provides calcium, iron and vitamins - The  
food may contain the vitamins and / or minerals highlighted on the  
packaging but the quantities may be very small. There may be other  
ingredients in the food that are less healthy. For example a children's  
breakfast cereal can have added vitamins and minerals but also include very  
high levels of sugar. Reduced fat - A food producer may seek to reduce the  
amount of fat they have traditionally used to make a certain product. This  
will mean that if they claim that they have reduced the level of fat, they will

be telling the truth. However the food may still not be particularly healthy.

Example: a product may have originally contained 35g of fat per 100g. The revised product has 24g of fat per 100g. This means the product is still

officially high fat. Wholegrain - Many people think this means a product is healthy. However in some breakfast cereals, for example, the whole grains may be accompanied by very high levels of sugar. Well done 7a) Complete

the following food diary sheets to create a detailed record of the food and drink you consume in a one-week period. Try to be as precise as possible in terms of times, quantities and specific information on what is being

consumed. Examples have been provided on the first diary sheet to help get you started. | MONDAY | | Breakfast | | | | Bacon sandwich | | | | | | Lunch | |

Cheese sandwich | | | | | | Dinner | | Jacket potato with tuna mayonnaise and cheese | | | | | | Snacks | | Crisps, Apple | | | | | | | Drinks | | Water,

Milkshake, Tea | | | | | | 7a) Continued | TUESDAY | | Breakfast | | | | |

Nothing | | | | | | | Lunch | | Chicken and lettuce sandwich, crisps, | | | | | | |

| Dinner | | | | Chips, steak pie, garlic bread, | | | | | | | Snacks | | | |

Chocolate, popcorn | | | | | | | | | | Drinks | | | | | Pepsi, Tea, Orange juice | |

| | | | | | | 7a) Continued | WEDNESDAY | | Breakfast | | | | | Nothing | | | | | |

| | Lunch | | | | | Chicken sandwich, Crisps | | | | | | | Dinner | | | | |

Noodles | | | | | | | | | | Snacks | | | | | Biscuits | | | | | | | Drinks | | | | |

Mixed berry isotonic drink, cup of tea | | | | | | | 7a) Continued | THURSDAY

| | Breakfast | | | | Shreddies | | | | | | | | | | Lunch | | | | | Tuna pasta | | | |

| | | | | | Dinner | | | | | | Beans on toast | | | | | | | Snacks | | | | | Hobnob

biscuits | | | | | | | | | | Drinks | | | | | Cup of tea, Orange juice | | | | | | | 7a)

Continued | FRIDAY | | Breakfast | | | | Nothing | | | | | | | | | | Lunch | | | | |

Chicken salad | | | | | | | | | Dinner | | | | | Fish pie | | | | | | | | | Snacks | | | | |  
 | Banana, chocolate | | | | | | | | | Drinks | | | | | Milkshake, Tea, Hot  
 chocolate | | | | | | | | | 7a) Continued | SATURDAY | | Breakfast | | | | | Toast |  
 | | | | | | | | | Lunch | | | | | Noodles | | | | | | | | | Dinner | | | | | Tuna pasta  
 bake — onions, tuna, tomatoes, cheese | | | | | | | | | Snacks | | | | | Crisps | |  
 | | | | | | | | | Drinks | | | | | | Orange juice, pineapple juice, tea | | | | | | | | | 7a)  
 Continued | SUNDAY | | Breakfast | | | | | Bacon sandwich | | | | | | | | | Lunch  
 | | | | | nothing | | | | | | Dinner | | | | | Rice & chicken | | | | | | | | | Snacks  
 | | | | | nothing | | | | | | Drinks | | | | | Orange juice, tea | | | | | | | | | 7b) How

does your diet compare to current healthy eating advice? For example, do  
 you need to reduce the level of salt in your diet, etc? I think I need to  
 decrease the level of sugar in my diet, and I don't have enough calories  
 compared to what I should do. A person my age should be having around  
 2000 calories per day. I do not get enough I do not believe although I am not  
 sure because I don't add up the calories. I still think I don't get enough  
 because many of the days I have no breakfast which is really bad. If you  
 don't have breakfast and start the morning with a healthy meal this can not  
 raise your energy level, keep you off track for weight maintenance and make  
 you need cravings later. Many people want to lose weight so they cut out  
 many calories but the trick is finding the right balance. Go too low, and your  
 body will respond by slowing down your metabolism, slowing the rate at  
 which you lose. f you skip breakfast, you may experience physical side  
 effects that make you feel ill or uncomfortable. " Going for hours without  
 eating deprives the brain of glucose, which is needed for normal  
 functioning," state health professionals at Columbia University. Such glucose

deprivation can eventually lead to dizziness, fainting, irritability, poor immune system functioning and nutrient deficiencies. I would agree with this because sometimes I actually feel like this. My general food is obviously not very healthy, I eat a lot of Chips, steak pie, garlic bread, bad snacks such as sweets and chocolate. A lot of this food is high in saturated fats and current eating advice is to ensure you limit fatty foods within your diet. We all need some fat in our diet. But too much of a particular kind of fat — saturated fat — can raise our cholesterol, which increases the risk of heart disease. It's important to cut down on fat and choose foods that contain unsaturated fat. Eating too much fat can also make us more likely to put on weight, because foods that are high in fat are high in energy (calories) too. Being overweight raises our risk of serious health problems, such as type 2 diabetes and high blood pressure, as well as coronary heart disease. I clearly don't drink the right kind of drinks, having many fizzy cans and other bad drinks. It is clear that I don't have enough water in my diet compared with current advice if you're not, you could end up with excess body fat, poor muscle tone, digestive complications, muscle soreness -- even water-retention problems. Next to air, water is the element most necessary for survival. A normal adult is 60 to 70 percent water. We can go without food for almost two months, but without water only a few days. Yet most people have no idea how much water they should drink. In fact, many live in a dehydrated state. This is current advice I have found — as you can see it is really important I am consuming more water than I do. I have also found out Without water, we'd be poisoned to death by our own waste products. When the kidneys remove uric acid and urea, these must be dissolved in water. If there isn't

enough water, wastes are not removed as effectively and may build up as kidney stones. Water also is vital for chemical reactions in digestion and metabolism. It carries nutrients and oxygen to the cells through the blood and helps to cool the body through perspiration. Water also lubricates our joints. We even need water to breathe: our lungs must be moist to take in oxygen and excrete carbon dioxide. It is possible to lose a pint of liquid each day just exhaling. The final current healthy eating advice is to eat more fish. Fish is a really good source of protein and contains many vitamins and minerals. According to the NHS I should be aiming to eat at least two portions a week, including at least one portion of oily fish. Oily fish is high in omega-3 fats, which may help to prevent heart disease. You can apparently choose from fresh, frozen and canned; but it says you need to remember that canned and smoked fish can be high in salt. Oily fish include salmon, mackerel, trout, herring, fresh tuna, sardines and pilchards. Non-oily fish include haddock, plaice, coley, cod, tinned tuna, skate and hake. I will try to get more fish into my diet as you can see I currently don't have any apart from tuna pasta bake which is full of mayo and a fish pie which is a ready meal and not very good for you. 7c) What steps could you take to make your diet more healthy? I could eat less sugary foods and eat a more balanced diet; I need to eat 3 times a day as I sometimes don't eat properly. I should eat more fruits and vegetables because I don't eat enough of them. I will check the calories in the food I consume because this will allow me to know if I am consuming too much or too little. I need to cut down my saturated fats and try to get healthy snacks into my diet. Drink more water and cut down on my sugar drinks. Also, I should try to consume some more fish into my

diet for good essential fats and omega 3. Once you have completed this Assessment, go to [www. vision2learnforschools. com](http://www.vision2learnforschools.com) and send your work to your teacher for marking.