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THE LET'S COOK PROJECT



An introduction to basic nutrition for families and settings

In this module we will cover:

- An introduction to basic nutrition
- An introduction to School Food Standards
- The Eatwell Guide
- An overview of fat, sugar and salt
- A carousel of nutrition-based activities
- Summary
- Q&A

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Evidence from dietary surveys suggests that the diets of children aged one to five years are:

- **low** in energy
- **low** in iron, zinc and vitamin A
- **high** in saturated fat, sugar and salt

Many young children eat **fewer** than the recommended **five portions** of fruit and vegetables each day.



- Intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day
- Food provision in holiday settings is required to also meet the school food standards
- Food cooked within participatory sessions contributes to overall offer and therefore must also follow guidelines



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THE LET'S COOK PROJECT The School Food Standards



School Food Standards

A practical guide for schools
their cooks and caterers



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The Eatwell Guide



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Eat at least 5 portions of a variety of fruit and vegetables a day



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Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates

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Have some dairy or dairy alternatives (such as soya drinks and yoghurts)



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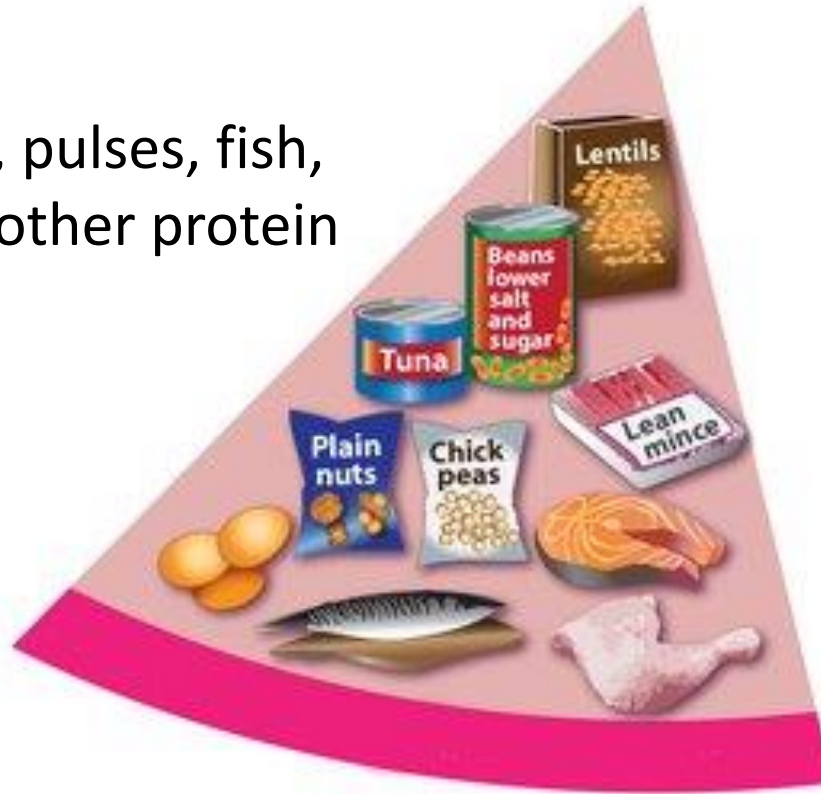


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Eat some beans, pulses, fish, eggs, meat and other protein



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Choose unsaturated oils and spreads, and eat in small amounts



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Eat foods high in fat,
salt and sugar less
often and in small
amounts



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Drink plenty of fluids – the government recommends 6 to 8 cups or glasses a day



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Find your balance



Find your balance

GET PORTION WISE!

An easy guide for finding the right balance for you

Having a healthy, balanced diet is about getting the right types of foods and drinks in the right amounts for you. This guide aims to give you an idea of portion sizes for different foods for adults and how many portions of each food group to aim for each day.

It's so quick and easy to follow!

www.nutrition.org.uk/findyourbalance

These resources were developed by the British Nutrition Foundation (BNF), with guidance from a panel of expert scientists. The BNF is grateful to the following companies that provided financial support: Alpro, Asda, Associated British Foods, Mars, Marks & Spencer, Sainsbury's, Tesco, Waitrose and Waitrose & Partners.

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The Information Standard Certified Member

FINDING YOUR BALANCE across the DAY

The image below shows how many portions to aim for from each food group each day for a healthy, balanced diet.

Food Group	Portions
Fruit and Vegetables	5+
Starchy Carbohydrates	3-4
Protein Foods	2-3
Dairy and Alternatives	2-3
Unsaturated Oils and Spreads	SMALL AMOUNTS

HANDY PORTION SIZES!

Your hands are perfect for measuring the right portion size for you – this guide gives examples of portion sizes for different food and drinks for adults. You can find portion sizes for more foods on the BNF website.

Group	Food	1 Portion	Weight
Fruit	Fresh fruit	About one handful or more	80g
Vegetables	Vegetables	About 3 serving spoons or more	90g
Fruit Juice	Fruit Juice	1 small glass	150ml
Grain	Grain rice or pasta	About 2 handfuls	65-75g
Cooked pasta or rice	Cooked pasta or rice	About the amount that would fit in two hands cupped together	100g
Flaked breakfast cereals	Flaked breakfast cereals	About 3 handfuls	40g
Dried porridge oats	Dried porridge oats	About 1 and a half handfuls	40g
Baked potato	Baked potato	About the size of your fist	200g
Plain popcorn	Plain popcorn	About 3 handfuls	20g
Grilled chicken breast	Grilled chicken breast	About half the size of your hand	120g
Cooked fish fillet	Cooked fish fillet (e.g. salmon or cod)	About half the size of your hand	100-140g
Cooked steak	Cooked steak	About half the size of your hand	130g
Cooked bacon, chicken or lentils	Cooked bacon, chicken or lentils	About 6 tablespoons	120g
Canned tuna in water	Canned tuna in water	One can (about 160g net weight)	120g
Houmous	Houmous	About 2 tablespoons or about 1/4 standard pot	95g
Nuts and seeds	Nuts and seeds	The amount you can fit in your palm	20g
Low fat yogurt	Low fat yogurt	About 4 tablespoons or one individual pot	120g
Cheddar cheese	Cheddar cheese	About the size of two thumbs together	30g
Milk or plant-based alternative	Milk or plant-based alternative	One medium glass	200ml
Unsalted oil or spread	Unsalted oil or spread	One teaspoon	5-6g

These portion sizes have been based on averages and may be different to what you eat in stores and on packs. They have been developed based on a 2000kcal per day diet. Individual needs vary and you may need larger or smaller portions. As a hand size varies you can use your hands as a measure of a suitable portion size for you. Note that where we have said 'tablespoon' this refers to a 15ml spoon that would be used in hot soup or pudding, rather than a larger serving spoon.

British Nutrition Foundation – find your balance

Find your balance



MEASURES

A Handful




Two hands cupped together



A fist



Finger and thumb
(A hole the size of a £1 coin)



Two thumbs





The 6 Priorities of Eating a Healthy Diet

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1. Eat at least five portions of a variety of fruit and vegetables every day.
 2. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates, choosing wholegrain versions where possible.
 3. Have some dairy or dairy alternatives (such as soya drinks), choosing lower fat and lower sugar options.
 4. Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).
 5. Choose unsaturated oils and spreads and eat in small amounts.
 6. Drink 6-8 glasses of fluid a day.
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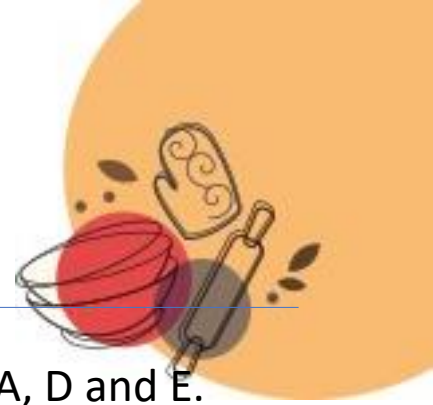
Questions and discussion

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Fat

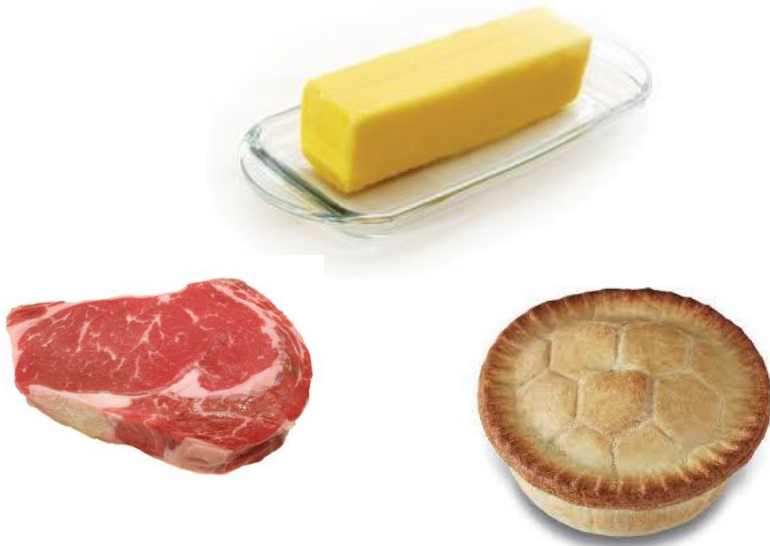


- Fat is a concentrated source of energy and provides essential vitamins A, D and E.
- Children under two years old need more energy from fat than older children and adults.
- However, consuming more fat than is needed may lead to excess weight gain.
- There are two types of fat:
 - saturated
 - unsaturated
- It is important to limit the consumption of foods high in saturated fat and to use unsaturated fat in cooking.

Sources of saturated and unsaturated fat



Saturated fat



Unsaturated fat





Two different types of sugar:

1. Sugar naturally in milk/fresh fruit (no need to limit in our diets)
 2. Added (free) sugars (need to limit in our diets)
- Foods high in added sugar fill children up, providing calories but very small amounts of essential nutrients.
 - Providing children with lots of sweet foods may encourage them to develop a preference for these foods.
 - Limiting the amount of sugary foods and drinks and how often they are provided will help to reduce children's risk of tooth decay.

Sugar



- Maximum daily amounts of added sugar are:
 - 4-6 years: 5 cubes (19 grams)
 - 7-10 years: 6 cubes (24 grams)
 - 11 years and over: 7 cubes (30 grams)
 - Children 2-5 years: <4 cubes (15 grams)**

For more information: www.nhs.uk/sugar-smart/home



Salt



- **Salt** (sodium chloride) is the **main dietary source** of **sodium**.
- Sodium is needed to **maintain fluid balance** in the body and for **nerve and muscle function**.
- However, consuming foods high in salt can **give children a taste for salty foods** and could lead to **high blood pressure** in later life. This may cause more serious conditions such as **stroke, heart disease** and **kidney problems**.
- The **maximum daily amount** of salt
 - 1-3 year old is **2g**
 - 4-6 year old is **3g**
 - 7-10 year old is **5g**
 - older children and adults is **6g**

Salt



Young children consume salt mostly from processed foods such as:



Ready prepared sauces



Bread



Stock cubes



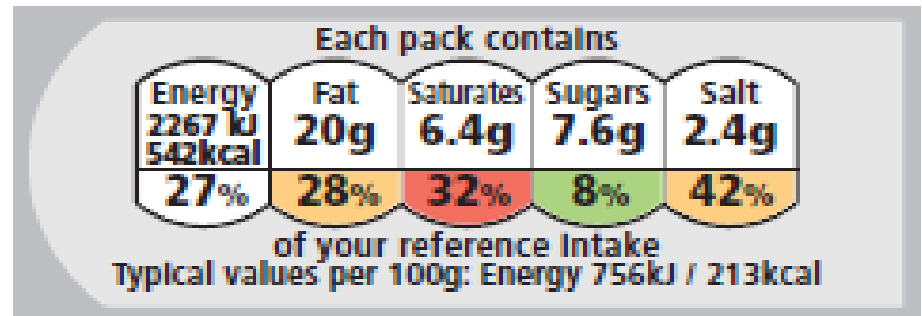
Cheese



Gravy granules



- Traffic light labelling
- Order of ingredients
- 'Use by' and 'best before' dates



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Questions and discussion

Accommodating Allergies



- An allergy – the immune system reacts to something that’s normally harmless. Can cause a rash, tingling in the mouth, hives, swelling in lips or difficulty breathing. Reactions usually occur within a few minutes, can vary from mild to very severe
- Food intolerances – don’t involve the immune system. Symptoms tend to come on more slowly than with an allergy and can include fatigue, stomach pain and diarrhoea
- Other conditions – can also be triggered by foods, e.g. coeliac disease – not an intolerance or an allergy but an auto-immune disease where gluten causes the sufferer’s body to attack and damage their gut lining

The list of 14



- Nuts
- Peanuts
- Molluscs
- Milk
- Eggs
- Soy beans
- Fish
- Crustaceans
- Celery
- Lupins
- Cereals containing gluten
- Mustard
- Sesame
- Sulphur dioxide or Sulphites

But what
about other
foods?



Top Tips for being allergy aware

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- Wherever possible have a list of allergy & intolerance information of participants beforehand
- Always check the labels of ingredients that you are using for allergen info (recipes sometimes change so always double check!)
- Ensure that all staff & volunteers are fully briefed
- Clearly label all food being served with allergen info
- NEVER use products that do not have fully legible ingredients and allergen info
- Keep a supply of allergen friendly products to facilitate inclusivity



Food	Jewish	Hindu*	Sikh*	Muslim	Buddhist	Rastafarian**
Eggs	No blood spots	It varies	It varies	Yes	It varies	It varies
Milk/yoghurt	Not with meat	Yes	Yes	Yes	Yes	It varies
Cheese	Not with meat	It varies	It varies	It varies	Yes	It varies
Chicken	Kosher only	It varies	It varies	Halal only	No	It varies
Mutton/lamb	Kosher only	It varies	It varies	Halal only	No	It varies
Beef/beef products	Kosher only	No	No	Halal only	No	It varies
Pork/pork products	No	No	Rarely	No	No	No
Fish	Fish with fins and scales only	Fish with fins and scales only	It varies	It varies	It varies	Yes
Shellfish	No	It varies	It varies	It varies	No	No
Butter/ghee	Kosher only	It varies	It varies	It varies	No	It varies
Lard	No	No	No	No	No	No
Cereal foods	Yes	Yes	Yes	Yes	Yes	Yes
Nuts/pulses	Yes	Yes	Yes	Yes	Yes	Yes
Fruit and vegetables	Yes	Yes	Yes	Yes	Yes	Yes



The list of 14



- Nuts
- Peanuts
- Molluscs
- Milk
- Eggs
- Soy beans
- Fish
- Crustaceans
- Celery
- Lupins
- Cereals containing gluten
- Mustard
- Sesame
- Sulphur dioxide or Sulphites

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Can I eat it?



Dried apricots

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Can I eat it?



Sulphites



Dried apricots

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Can I eat it?



Curry powder

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Can I eat it?



Celery



Curry powder

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Can I eat it?



Noodles

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Can I eat it?



Egg



Noodles

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Can I eat it?



Fish sauce

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Can I eat it?



Fish



Fish sauce

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Can I eat it?



Lactose free cheese

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Milk



Lactose free cheese

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Soy sauce

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Can I eat it?



soya



Soy sauce

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Chorizo

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Pork



Chorizo

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Stock cubes

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Gluten



Stock cubes

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Quorn pieces

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Egg



Quorn pieces

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Can I eat it?



Tahini

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Sesame



Tahini

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Can I eat it?



Custard powder

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Can I eat it?



Milk



Custard powder

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Can I eat it?



Worcestershire sauce

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Can I eat it?



Fish



Worcestershire sauce

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Can I eat it?



00 flour

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Can I eat it?



Gluten



00 flour

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Tofu

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Can I eat it?



soya



Tofu

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Ingredient swaps



Recipe ingredients	Suggested swaps
Worcestershire sauce	HP sauce
Eggs	Mashed banana, baking powder or apple puree, chia/flaxseed and water
Wheat flour	Coconut flour, oat flour, almond flour, gluten free flour
Egg white	Aquafaba - chickpea water
Milk	Oat, soy, almond, rice, coconut, lactose free
Bread	Millet, teff, kamut (unless gluten intolerant) or rice bread
Pasta	Corn, quinoa, lentil, and rice

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Food families



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Questions and discussion
