

## 8 TIPS FOR HEALTHY EATING:

- Eat lots of fruit and vegetables
- Base your meals on starchy foods
- Maintain a healthy weight
- Don't get thirsty
- Eat less salt
- Eat more fish
- Don't skip breakfast
- Cut down on saturated fat and sugar

Eat **five** portions of fruit or vegetables every day. This can be fresh, frozen, tinned or dried. A portion is equivalent to a handful. Potatoes do not count as one of your 5

### Knife skills

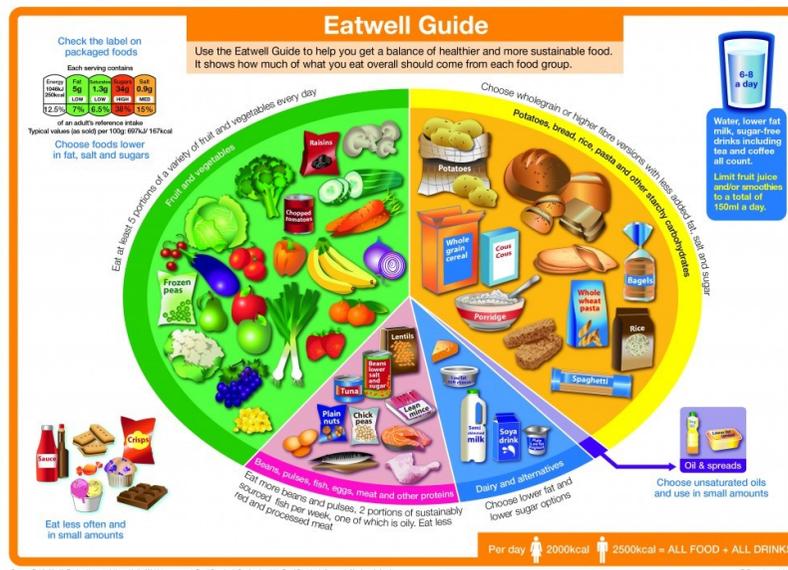
The bridge hold can be used to safely cut fruits & vegetables in half

The claw hold can be used to safely slice and dice fruits and vegetables

A sharp vegetable knife is the best utensil for preparing fruit & vegetables



## EATWELL GUIDE



## FOOD SAFETY



Bacteria -microscopic organisms that can cause food poisoning

Temperature of fridge to chill foods 0-5C

Danger zone 5-63C

Examples of high risk foods -cooked meat and poultry milk and dairy products cooked rice

Personal hygiene -wash hands in hot soapy water before and after handling food and going to toilet and after sneezing

Wear protective clothing and hair net

Cross contamination- the transfer of bacteria from one food or surface to another

**Eatwell guide:** Provides us with guidance on the proportions of different food groups that we should have each day. We are encouraged to eat more fruit and vegetables, more starchy carbohydrates (preferably wholemeal) and to eat less sugar and fat. Most people in Britain eat far more protein than their body needs, only 12% of our daily diet should be made up of protein foods.

The Eatwell Guide consists of five sections:

- Fruit and vegetables (39%)
- Bread, rice, potatoes, pasta and other starchy carbohydrates (37%)
- Beans, pulses, fish eggs and meat (12%)

## Fibre facts

Dietary fibre is important for keeping the digestive system healthy.

Age	Recommended intake per day
1.5-3 years	15g*
4-10 years	20g*
11-18 years	25g*
19-64 years	30g
65+ years	30g

Foods that are sources of fibre include starchy foods—especially wholegrain varieties (such as bread, potatoes, pasta, rice and breakfast cereals), fruit and vegetables, nuts, seeds and pulses (such as red kidney beans or lentils).

