

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Have a look at the Eatwell guide above then use the internet to find out more about what the Eatwell guide means. Complete the table below using what you have found out from the internet:

Food group name	How much to eat	Main nutrients in this group	Functions in the body

Explain how suitable you think the eatwell guide is for teenagers in school.

---



---



---



---

<p>Name 5 other ingredients that could be added to Bolognese sauce.</p> <p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>5</p>	<p>Tomato sauce is quite a healthy sauce because of the vegetables in it. If you added a “fatty” meat such as bacon, sausage or minced beef, <b>what could you do to the method to keep the overall fat level as low as possible. Give reasons for you answer</b></p>
--	---

<p>Below is a stock list for tomatoes and basil from a local supermarket. <b>Which tomatoes and basil would you choose and why?</b></p> <p>Fresh tomatoes £1.40 for 500g</p> <p>Tinned tomatoes 44p for 400g</p> <p>Dried tomatoes 95p for 100g</p> <p>Fresh basil 79p for about 5 tbsp</p> <p>Dried basil 49p for 10 tsp</p>	<p>How could this sauce be used in other dishes. Try to think of at least 3 other dishes?</p>
---	---

<p>Find out when the foods below are in season in the UK. In which months would you be able to buy fresh UKgrown versions of these foods.</p> <p>Fresh tomatoes:</p> <p>Onions:</p> <p>Basil:</p>
---