


Foundation Nutrition and Health PPT

Ed.3. October 18

Date of update:
October 2018

The following updates have been made to Ed.3. of the training presentation.

Slide No	Update comments
4	<p>A new slide has been added – GDPR requirements</p> <div data-bbox="252 663 863 1122"><h3 style="text-align: center;">GDPR requirements</h3><p>It is a regulatory requirement for all delegates attending an accredited course to provide:</p><ul style="list-style-type: none">• their name• workplace address• date of birth<p>This information will be held by the awarding organisation in compliance with the requirements of the GDPR.</p><p style="text-align: right;">NEXT</p></div>
14 & 57	<p>The Eatwell plate has been updated to the Eatwell Guide</p> <div data-bbox="252 1240 863 1702"><h3 style="text-align: center;">The Eatwell guide</h3><p>Eatwell Guide</p><p>Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat (and drink) should come from each food group.</p><p>Vegetables and fruits: Eat plenty of vegetables and fruits. Choose foods lower in fat, salt and sugar.</p><p>Starchy carbohydrates: Choose wholegrain or high fibre products. Eat plenty of bread, potatoes, pasta, rice, cereals, and other starchy foods.</p><p>Protein sources: Eat plenty of protein. Choose lean meats, fish, eggs, beans, lentils, tofu, and other protein sources.</p><p>Dairy: Eat plenty of dairy. Choose low fat or skimmed milk, yogurt, and cheese.</p><p>Oils, nuts and seeds: Eat these often and in small amounts. Choose unsaturated oils and use in small amounts.</p><p>For the 2008-cal diet: ALL FOOD + ALL DRINKS</p><p style="text-align: right;">NEXT</p></div>

All tutor notes and slides throughout this presentation have been updated to reflect the updated wording/change.

This slide (formerly slide 107) has been updated from:


Food labels

The 'BIG 4':

- Energy – in kilojoules (kJ) or kilocalories (kcal)
- Protein – in grams (g)
- Carbohydrate – in grams (g)
- Fat – in grams (g).

The 'BIG 4' and the 'LITTLE 4':

- Energy – in kilojoules (kJ) or kilocalories (kcal)
- Protein – in grams (g)
- Carbohydrate – in grams (g)
- Of which sugars – in grams (g)
- Fat – in grams (g)
- Of which saturates – in grams (g)
- Fibre – grams (g)
- Sodium – grams (g).



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To (slide 106):

Food labels

per portion (10 g)					
SERVES	ENERGY	FAT	SATURATES	SUGAR	SALT
19	42kJ 10kcal 0%	0g LOW 0%	0g LOW 0%	2.3g HIGH 3%	0.02g LOW 0%
% of an adult's reference intake Typical values per 100g: Energy 417kJ/98kcal					

per portion (100 g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
394kJ 93kcal 5%	0g LOW 0%	0g LOW 0%	22g MED 24%	0.19g LOW 3%
of your reference intake Typical values per 100g: Energy 394kJ/93kcal				

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The following statistics has been updated from:

Food and nutrition


Currently in the UK:

- Approximately 64% of the adult population are overweight or obese
- 400 people die from coronary heart disease each day
- Cancer affects 1 in 3 people and causes 25% of all deaths
- Almost 3 million people have been diagnosed with diabetes
- 2 in 5 men and 1 in 3 women have high blood pressure.




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To:

 **Food and nutrition**

Currently in the UK:

- Approximately 66% of the adult population are overweight or obese
- Approximately each year 160,000 people die from coronary heart disease and circulatory disease for example strokes
- Cancer affects 1 in 4 people and causes 25% of all deaths
- Over 3 million people have been diagnosed with diabetes
- 2 in 4 adults have high blood pressure.



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The following slide has been updated from:



Alcohol

The energy provided by alcohol:
1 g alcohol, 7 kcal (29 kJ)

Maximum amounts:

- Man – 28 units per week
- Woman – 21 units per week
- Alcohol-free days each week (avoid in pregnancy and breast feeding).



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To:



Alcohol

The energy provided by alcohol:
1 g alcohol, 7 kcal (29 kJ)

Maximum amounts:

- Men and women - 14 units per week
- Alcohol-free days each week (avoid in pregnancy and breast feeding).



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108

A new slide and tutor notes have been added as follows:

List the most common allergenic ingredients

- Cereals containing gluten
- Crustaceans
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk (including lactose)
- *And products thereof*
- Nuts
- Celery
- Mustard
- Sesame seeds
- Sulphur dioxide and sulphites
- Lupin
- Molluscs.

















Navigation icons: Home, 107, NEXT

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A new slide and tutor notes have been added as follows:

3 Allergies and intolerances

Allergies and intolerances can be complex and any of the 14 allergens that are present in food need to be listed on food packs.

 Crustaceans	 Soya	 Peanuts	 Sulphites	 Fish
 Lupin	 Nuts	 Eggs	 Milk	 Celery
 Molluscs	 Sesame	 Mustard	 Cereals	

Navigation icons: Home, 122, NEXT

End of update

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