



Year 9 Food Cultures

5 food groups on the Eatwell Guide

Food Energy per Day

Carbohydrates 50% - Fat 35% or less - Protein 15%

- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Fruit and vegetables
- Dairy and alternatives
- Beans, pulses, fish, eggs, meat and other proteins
- Oils and spreads

Also we should drink 6 to 8 cups of water per day

Energy Balance

To maintain a healthy weight we need to have an energy balance. This means the amount of energy that we get from food needs to be used up by Physical Activity.



More energy than food = weight gain

Less energy than food = weight loss

- Under 5 years old** – minimum of 3 hours of physical activity in a day
- 5-18 years** – 60 minutes of physical activity, several times a day
- 19-64 years** – 30 minutes of physical activity at least 5 days a week

Food Choices Related to Ethical and Moral Beliefs

Ethical and moral beliefs relate to what people believe to be right or wrong. Many people are concerned about how food is produced and will only choose foods that have been produced by methods they consider to be ethically and morally right.

Rastafarianism

Dietary laws are called I-tal
 Food must be natural and clean and include lots of fruit and vegetables
 Pork, fish longer than 30cm are not eaten. Many do not drink alcohol, milk or coffee
 Various religious celebrations involving foods e.g. Ethiopian Christmas

Religion

Sikhism

Many Sikhs are vegetarian
 Religious celebrations involving foods e.g. Gurpurbs

Islam

Dietary law is written in the Qur'an
 Lawful food is 'Halal'
 Pork and pork products are not consumed
 Various religious celebrations involving foods e.g. Ramadan, Eid-ul-fitr

Jewish

Jewish food law is called Kashrut
 Food that is allowed is 'Kosher'
 Pork and shellfish are not eaten
 Dairy foods and meat must not be prepared or eaten together
 Various religious celebrations involving foods e.g. Yom Kippur, Pass over, Rosh Hashanah

Christianity

No dietary restrictions
 Some Christians fast (don't eat for a period of time)
 Various religious celebrations involving foods e.g. Pancake Day, Lent, Good Friday, Easter and Christmas

Hinduism

Many are vegetarian
 Some practice fasting
 Cows are sacred so beef is not eaten
 Onions and garlic are only eaten occasionally
 Various religious celebrations involving foods e.g. Diwali Holi

Buddhism

Many are vegetarian or vegan
 Avoid foods where animals are harmed
 Some avoid dairy products and/or meat

Key Terms

- **Food Provenance** – Where food comes from and ingredients originally come from.
- **Cuisine** – A traditional style of cooking and eating that has developed in a country or region of the world.
- **Healthy Balanced Diet** – A diet that contains the correct proportions of carbohydrates, fats, proteins, vitamins, minerals and water necessary for good health, to grow properly, be active and maintain a healthy body.
- **Diet** – The food that you eat every day. There are also special diets (e.g.. A low fat diet, a calorie-controlled diet, a vegetarian diet).
- **Lacto-vegetarian** – Someone who does not eat meat or fish but will eat milk or milk products.
- **Food Miles** – More food is being transported by air & driven by lorries. This creates food miles, carbon footprint, food waste
- **Seasonality** – The time of the year when a particular food crop is ready to harvest and is at its best for flavor, colour and texture. It is also usually cheaper and fresher because there is a lot of it available to buy.
- **Life Style** – The way in which people live, their attitudes, activities, likes and dislikes, beliefs etc..

