

Introduction to Food

Why do we eat food?

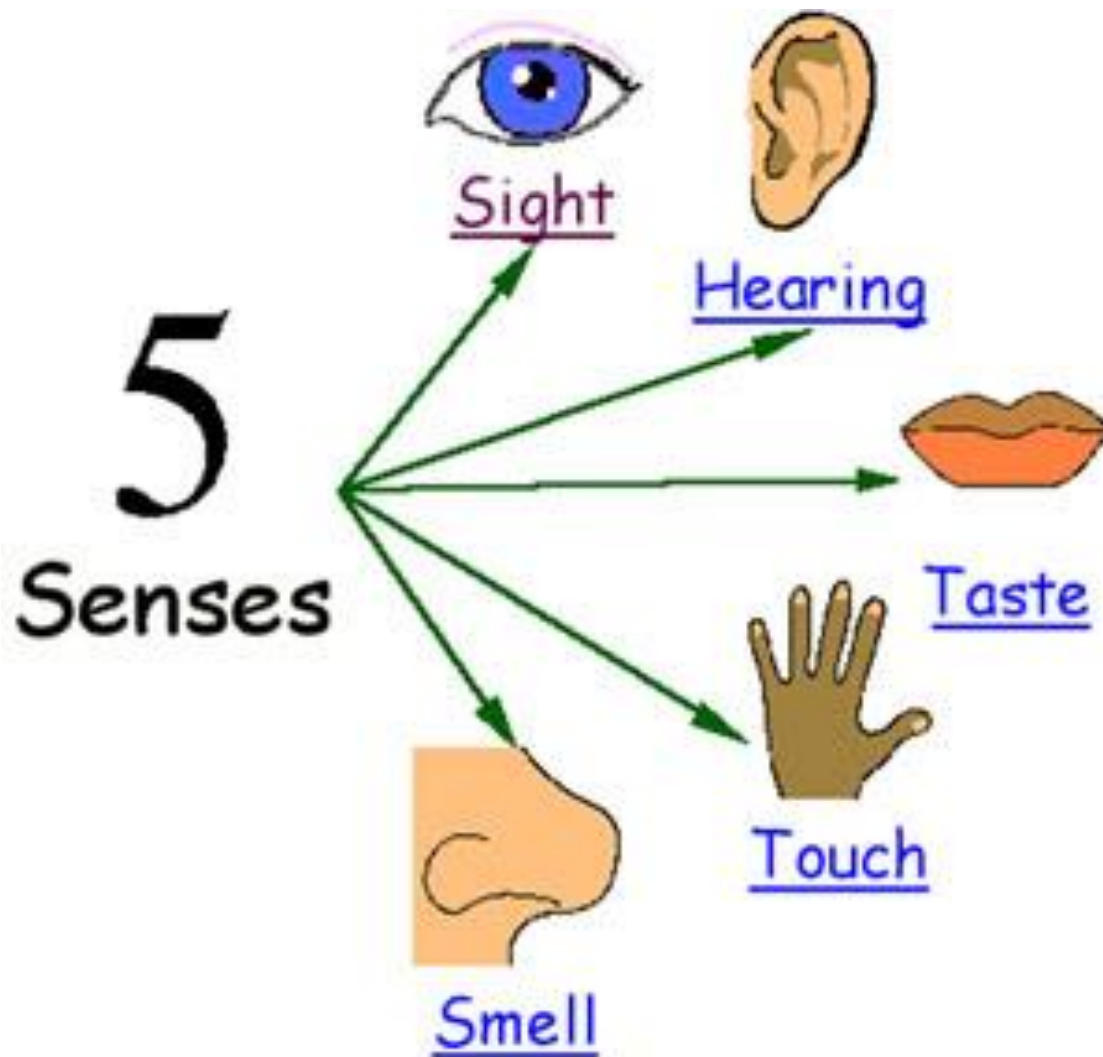
- **Nourishment**
- **Entertaining**
- **Celebrating**
- **Relaxation**
- **Comfort**



What influences our food choices?

- Nutritional value
- Cost
- Culture
- Religion
- Environment
- Marketing & Advertising
- Modern Trends
- Senses
- Likes and dislikes

The Senses



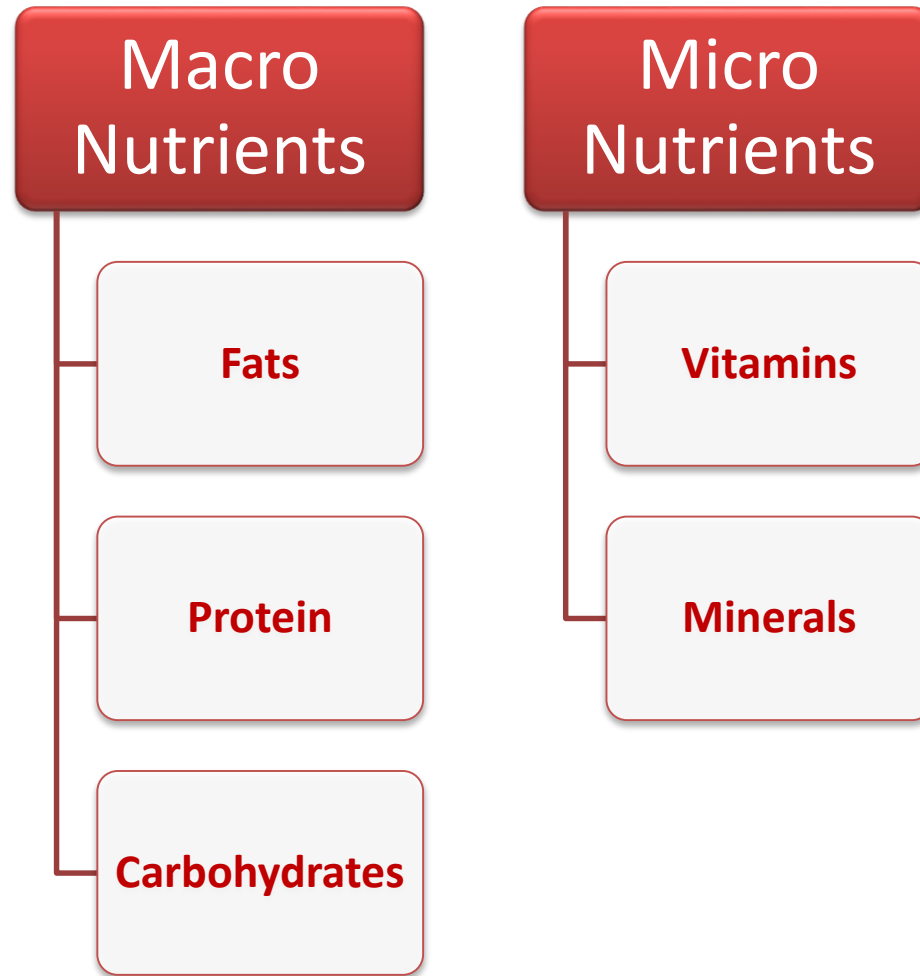
Taste



Nutrition

- **Nutrition** = the study of food
- **Food** = any substance that contains nutrients
- **Nutrient** = any substance that can be digested and used by the body

6 Nutrients



The Food Pyramid

Very small amounts

Fats, High Fat/Sugar Snacks, Foods and Drinks



Any 2

Meat, Fish, Eggs and Alternatives



Any 3

Milk, Cheese and Yogurt



Any 5

Fruit and Vegetables



Any 6+

Bread, Cereals and Potatoes



Food Groups



Balanced Eating

We should always aim to
have 3 out of 4
food groups in every meal

Healthy Eating Guidelines

Eat a **balanced diet** with a wide **variety** of food



- **Increase water** intake
- **Increase fibre** intake



- **Reduce fat** intake
- **Reduce sugar** intake
- **Reduce salt** intake