

Change for health

Small changes to recipes can make a difference to your health. Think about what you like to cook, and how you could adapt these dishes to meet current healthy eating recommendations.

Change	What	Example recipe
Increase fibre		
Decrease salt		
Decrease saturated fat		
Decrease free sugars		
Decrease free sugars		
Increase fruit and vegetables		

CHECK!

- ☐ I can plan, prepare and cook dishes safely for a healthy, varied and balanced diet for myself and my friends.
- ☐ I change ingredients and cooking methods to make recipes and dishes healthier.
- ☐ I practise good food safety when I buy, store, prepare and cook food.

Name:

Cooking

Skills for life!

When planning to cook, there are a lot of factors to consider:

- * time, ingredients and equipment
- * your food skills
- * your food preferences
- * how to adapt ingredients and cooking methods to make dishes healthier and look more appealing.

Using different cooking methods can affect the quality and nutritional value of foods.

To make sure what you eat is safe, care must also be taken when you buy, store, prepare and cook food.



Think about ...

- * what menus to cook for you and your friends and why
- * using different cooking skills and techniques to adapt recipes
- * steps you take to store, prepare and cook foods safely
- * ways to prepare and cook healthier dishes which look appealing



Planning to cook

My work plan

I am planning to cook

for

I found this recipe from

I chose to cook this because

Ingredients:

Equipment:

Method:

To keep safe, I considered the following:

Eat with me

Planning and cooking for yourself and friends is sociable, fun and easy. It can also be healthy!

Think about the meals you cook and eat. How do they compare with the Eatwell Guide or the 8 tips for healthy eating?

Menu 1	Menu 2	Menu 3
*	*	*
*	*	*
*	*	*
Balanced and varied?	Balanced and varied?	Balanced and varied?



The Eatwell Guide

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



8 tips for healthy eating

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish
4. Cut down on saturated fat and sugar
5. Eat less salt - no more than 6g a day
6. Get active and be a healthy weight
7. Don't get thirsty
8. Don't skip breakfast