

The Eatwell Guide

username: Anon Mathew



Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates



Fats/carbs
chips
chocolate
BM
muffins
chocolate

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oils and spreads

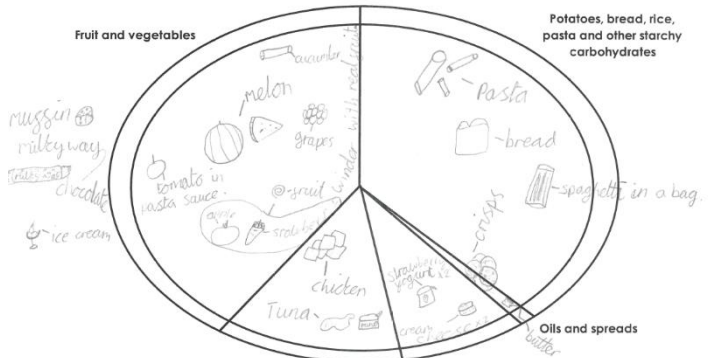
The Eatwell Guide

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Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates



muffin
rutely way
chocolate
ice cream

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oils and spreads

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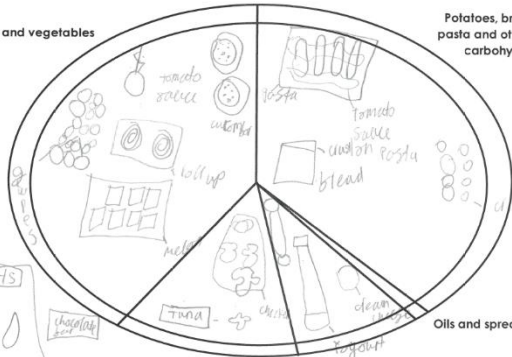
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The Eatwell Guide



Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates



weights
chocolate
chips
sals
sals

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oils and spreads

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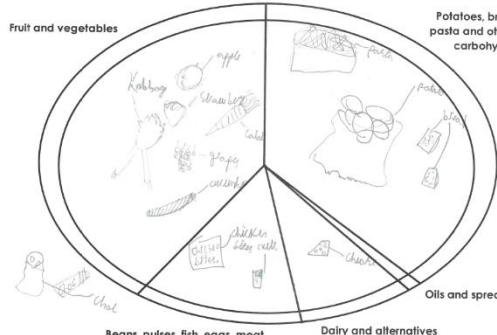
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Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oils and spreads

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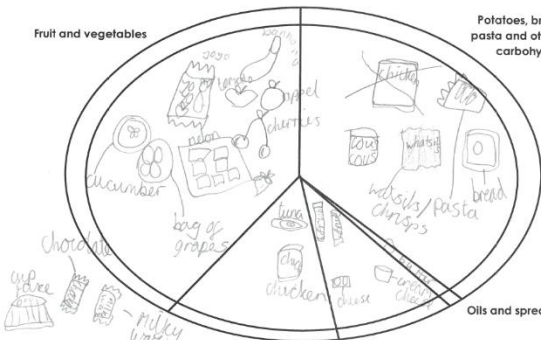
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Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates



chocolate
up free
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Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

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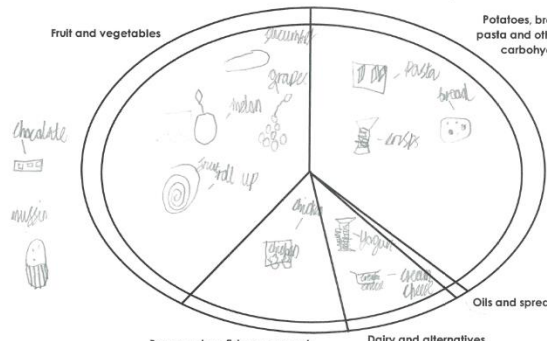
The Eatwell Guide

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Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates



chocolate
muffin

Beans, pulses, fish, eggs, meat and other proteins

Dairy and alternatives

Oils and spreads

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Is the content of the lunchbox in proportion to the Eatwell plate?

Were there any food groups missing?

Lesson 2 – Investigate and evaluate activities.



We tried a selection of pre-made sandwiches and wraps and completed a sensory evaluation.

Analysing existing products							
Filling	Appearance	Smell	Flavour/Taste	Texture	Dislike	Neither	Like
1 sweet chili chicken	pale	Smoky	sweet, smoky	chewy	☹️	☹️	☺️
2 ham & cheese	bland	buttery	Sweet	soft	✓		✓
3 egg and cheese	Greasy	Garlicky	salty	soft & cheesy			✓
4 Tuna		Fishy	Fishy	Crunchy		✓	
Word bank	Colourful	Fruity	Salty	Crispy			✓
ham	Dark/pale	Meaty	Herby	Crunchy			✓
cheese	Greasy	Smoky	Spicy	Soft			✓
BLT	Moist	Oniony	Fishy	Chewy			✓
Ham & cheese		Garlicky	Smoky	Sticky			✓
		Fishy	Sour	Sweet			✓

Analysing existing products							
Filling	Appearance	Smell	Flavour/Taste	Texture	Dislike	Neither	Like
1 Sweet chili chicken	moist	Garlicky	sweet/garlic	chewy	☹️	☹️	☺️
2 ham & cheese	colourful	Smoky	salty	Smooth			✓
3 egg & cheese	Dark/pale	Eggy	Salty	Soft			✓
4 Tuna	Moist	Fruity	Herby	Crunchy		✓	
Word bank	Colourful	Fruity	Salty	Crispy			✓
ham	Dark/pale	Meaty	Herby	Crunchy			✓
cheese	Greasy	Smoky	Spicy	Soft			✓
BLT	Moist	Oniony	Fishy	Chewy			✓
		Garlicky	Smoky	Sticky			✓
		Fishy	Sour	Smooth			✓
				Hard			✓

We noticed that there were not many dairy free sandwiches.

Analysing existing products							
Filling	Appearance	Smell	Flavour/Taste	Texture	Dislike	Neither	Like
1 soft cheese chicken	meaty	Smoky	Sweet	Salty & chewy		✓	
2 cheddar	pink	cheesy	Sweet	chewy		✓	
3	dark	spicy	salty	crunchy		✓	
4	colourful	Fishy	Fishy	chewy		✓	
Word bank	Colourful Dark/pale Meaty Greasy Moist	Fruity Meaty Smoky Oniony Garlicky Fishy	Salty Herby Spicy Fishy Smoky Sweet Sour	Crispy Crunchy Soft Chewy Sticky Smooth Hard			

Analysing existing products							
Filling	Appearance	Smell	Flavour/Taste	Texture	Dislike	Neither	Like
1	meaty	Smoky	Spicy	Soft Chewy			✓
2	pink	Meaty	Spicy	chewy		✓	
3	dark	Garlicky	Spicy	Soft	✓		
4	colourful	Garlicky	Spicy	smooth		✓	
Word bank	Colourful Dark/pale Meaty Greasy Moist	Fruity Meaty Smoky Oniony Garlicky Fishy	Salty Herby Spicy Fishy Smoky Sweet Sour	Crispy Crunchy Soft Chewy Sticky Smooth Hard			

Lesson 3: Focused Tasks

FOOD HYGIENE O'CLOCK!

(How to get ready to cook)

1. Put on chef hat
2. Roll up your sleeves like the rolling up trousers
3. Put on apron
4. Take off jewellery
5. Wash hands
6. Start cooking

LET'S GET READY TO COOK!

1. First wash your hands thoroughly with soap and water
2. Second get that apron on ASAP!
3. Third Remove all Jewellery, just not earrings
4. Fourth roll up long sleeves
5. Fifth tie back long hair
6. Put chesses hat on
7. Get ingredients ready
8. Get equipment ready
9. Start cooking

Let's get ready to cook!

1. Tidy your hair back.
2. Wash your hands
3. Get the slugs out ready.
4. Wear an apron
5. Roll your sleeves up
6. Wear a hat

What is good personal hygiene?

Why is it important to wash our hands?

HOW to prepare
to cook

Tie back long hair

Roll up long sleeves

Wear an apron

Remove jewellery

Wash your hands

Get ingredients ready

Get equipment ready

TIE BACK LONG HAIR
ROLL UP LONG SLEEVES
WEAR AN APRON
REMOVE JEWELLERY
WASH YOUR HANDS
GET INGREDIENTS READY
GET EQUIPMENT



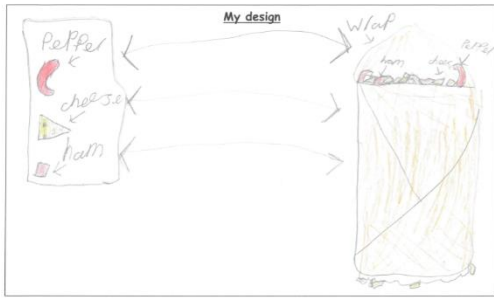
What should we do when we get ready to cook?

Lesson 4: Focused Tasks

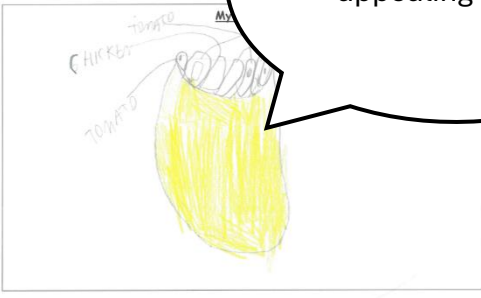


Lesson 5: Design, Make and Evaluate assignment

How do we make it appealing to eat?



Method
 1) chopped up the pepper
 2) chopped lettuce into pieces
 3) grate the cheese
 4) slice the cucumber



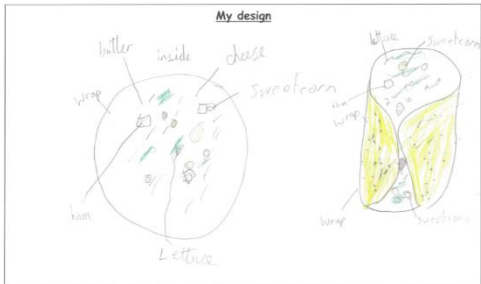
3) Roll the wrap

Ingredients
 Wrap ✓
 Pepper ✓
 cheese ✓
 ham ✓

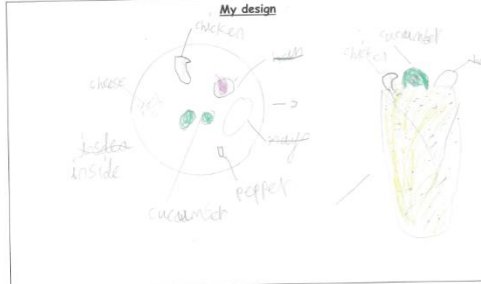
Utensils
 A Knife ✓
 A chopping board ✓
 A grater ✓
 A Peeler ✓

Ingredients
 WRAP
 CHICKEN
 TOMATO

Utensils
 knife
 chopping board
 grater



~~Method~~
~~spread butter~~
~~cut lettuce~~
~~grate cheese~~
~~put sun-dried tomatoes inside~~
~~wrap all the ingredients~~
~~then fold up~~
 1. Spread butter on wrap
 2. Chop up veg
 3. put veg on wrap
 4. add grate cheese and ham
 5. cover cheese on the wrap
 6. the ham on the wrap
 7. Fold the wrap with the fillings inside
 8. Then EAT!



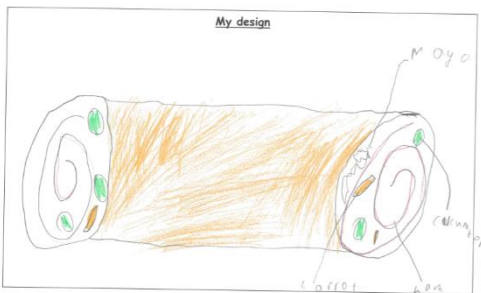
Method
 1. slice the cucumber
 2. grate the cheese
 3. spread the butter on the bread
 4. place the wrap on the plate
 5. cut up the chicken
 6. slice the peppers
 7. have fun enjoy your wrap!

Ingredients
 wrap
 ham
 lettuce
 sun-dried tomatoes
 butter

Utensils
 cheese grater
 Knife

Ingredients
 wrap
 chicken
 lettuce
 cucumber
 pepper
 cheese

Utensils
 plate
 knife
 chopping board
 grater



Method
 1 slice the cucumber
 2 grate the cheese
 3 grate the carrots
 4 add the ham all the fillings in
 cucumbers in



Method
 1) Slice the cucumber
 2) Boil the egg
 3) Chop up the lettuce
 4) Squirt mayonnaise on the wrap
 5) Place a wrap on a plate
 6) Place vegetables and egg on the wrap
 7) Roll up the wrap.

Ingredients
 wrap
 ham
 cucumber
 carrot
 mayo
 lettuce

Utensils
 plate
 knife
 grater
 chopping board

Ingredients
 WRAP
 CHICKEN
 EGG
 MAYO
 LETTUCE

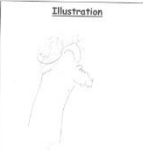
Utensils
 knife
 grater
 chopping board


What do you need to consider making it part of a balance diet?


How do we select the ingredients?

Lesson 6: Design, Make and Evaluate




<p>Good Points</p> <p>The taste was nice and the mayo was on the egg</p>	<p>Illustration</p>  <p>A brown wrap with cucumber, lettuce, egg and shayonnise</p>	<p>Improvements</p> <p>I couldn't taste the lettuce when I tried it on its own, it tasted unusual. I liked avocado and would add this next time.</p>
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<p>I designed and made...</p> <p>A bread based product with a healthy filling.</p>	
<p>Description:</p> <p>It was a wrap with humus, carrots, sweetcorn, sweet potatoes and chicken.</p>	<p>Illustration:</p> 
<p>Is it the same as my original design? If not, how is it different?</p> <p>No it is not the same because it had some sweet potatoes in it. It didn't have any red onions.</p>	
<p>I like...</p> <p>That it had some carrots and the shape of the chicken because it covered more of my wrap.</p>	
<p>A problem I had to solve...</p> <p>I had to dump my humus just in the middle because it wouldn't spread.</p> <p>Next time I would improve...</p> <p>the ingredients and add some more things that I haven't tried before. Maybe some cheese or Avocado.</p>	

<p>I designed and made...</p> <p>A bread-based product with a healthy filling.</p>	
<p>Description:</p> <p>Bread wrap</p>	<p>Illustration:</p> 
<p>Is it the same as my original design? If not, how is it different?</p> <p>My wrap was different because I added more vegetables, such as mango.</p>	
<p>I like...</p> <p>The flavour of my wrap.</p>	
<p>A problem I had to solve...</p> <p>I was told that I was not allowed to use...</p>	
<p>Next time I would improve...</p> <p>I would add more of the ingredients.</p>	

I designed and made...
A bread-based product, with a healthy filling

Description: A white pitta with ham and cucumber and carrots with cheese on top.

Illustration: 

Is it the same as my original design? If not, how is it different?
1. no 2. I used a white pitta instead of a white wrap.


I like... the structure and taste.

A problem I had to solve... I had to use pitta instead of what I wanted a wrap.

Next time I would improve... I would put much less cheese on.

I designed and made...
A sandwich
A bread-based product with healthy filling

Description: How to Make sandwich

Illustration: How to make a sandwich


Is it the same as my original design? If not, how is it different?
It's not because at the end I used a bread

I like... the sandwich because it had lots of things and it tasted nice.

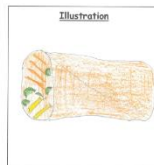
A problem I had to solve... is I had lots of cucumber in it

Next time I would improve... to not to put a lot of a cucumber

Good Points

The carrot and cucumber gave a nice crunch

The cheese was soft and I like how it gave it some taste



A white wrap with tuna, carrot and cucumber with some vegan cheese.

Improvements

no lentils
more cheese
less carrots
less cucumber