

Name:

Class:

**Task: In the UK, the healthy eating model is known as the Eatwell Guide. Read the following information and answer the questions below.**

In the UK, the healthy eating model is known as the Eatwell Guide. The Eatwell Guide shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.

The proportions shown are representative of food eaten over a day or more, not necessarily at each mealtime.

Choose a variety of different foods from each food group to help get the wide range of nutrients the body needs to stay healthy.



The Eatwell Guide applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin.

It doesn't apply to children under two years because they have different nutritional needs. Children aged two to five years should gradually move to eating the same foods as the rest of their family, in the proportions shown on the Eatwell Guide.

Anyone with special dietary requirements or medical needs might want to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

The Eatwell Guide divides foods into groups, depending on their nutritional role and shows the proportions of each of the groups needed for a healthy, varied diet.

Fruit and vegetables should make up just over a third of the food we eat each day.

Aim to eat at least five portions of a variety of fruit and vegetables each day.



Choose from fresh, frozen, canned, dried or juiced.

Starchy food should make up just over a third of the food we eat.

Choose higher-fibre, wholegrain varieties when you can by purchasing wholewheat pasta, brown rice, or simply leaving the skins on potatoes.

Why choose wholegrain?

Wholegrain food contains more fibre than white or refined starchy food, and often more of other nutrients. We also digest wholegrain food more slowly so it can help us feel full for longer.

Remember, you can also purchase high fibre white versions of bread and pasta which will help to increase your fibre intake.

These foods are sources of protein, vitamins and minerals, so it is important to eat some foods from this group.

Beans, peas and lentils (which are all types of pulses, sometimes called 'legumes') are good alternatives to meat because they're naturally very low in fat, and they're high in fibre, protein and vitamins and minerals.

Other vegetable-based sources of protein include tofu, bean curd and mycoprotein.

Aim for at least two portions (2 x 140g) of fish a week, including a portion of oily fish. Most people should be eating more fish, but there are recommended limits for oily fish, crab and some types of white fish.\*

\*Please see [www.nhs.uk/Livewell/Goodfood/Pages/fish-shellfish.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/fish-shellfish.aspx)

Also [www.msc.org/](http://www.msc.org/) for more guidance on sustainably sourced fish.

Some types of meat are high in fat, particularly saturated fat. So, when you're buying meat, remember that the type of cut or meat product you choose, and how you cook it, can make a big difference.

If you eat more than 90g of red or processed meat per day, try to cut down to no more than 70g per day. The term processed meat includes sausages, bacon, cured meats and reformed meat products.

Try to have some milk and dairy food (or dairy alternatives) such as cheese, yoghurt and fromage frais.

These are good sources of protein and vitamins, and they're also an important source of calcium, which helps to keep our bones strong.



Some dairy food can be high in fat and saturated fat, but there are plenty of lower-fat options to choose from. Although some fat in the diet is essential, generally we are eating too much saturated fat and need to reduce our consumption.

Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, for example vegetable oil, rapeseed oil and olive oil.

Swapping to unsaturated fats will help to reduce cholesterol in the blood, therefore it is important to get most of our fat from unsaturated oils.

Choosing lower fat spreads, as opposed to butter, is a good way to reduce your saturated fat intake.

Remember that all types of fat are high in energy and should be limited in the diet.

Aim to drink 6-8 glasses of fluid every day.

Water, lower fat milk and sugar-free drinks including tea and coffee all count.

Fruit juice and smoothies also count towards your fluid consumption, although they are a source of free sugars and so you should limit consumption to no more than a combined total of 150ml per day.

Sugary drinks are one of the main contributors to excess sugar consumption amongst children and adults in the UK.

Swap sugary soft drinks for diet, sugar-free or no added sugar varieties to reduce your sugar intake in a simple step. This includes products such as chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice-cream.

Foods high in fat, salt and sugar - These foods are not needed in the diet. If they are included, have infrequently and in small amounts.

If you consume these foods and drinks often, try to limit their consumption so you have them less often and in smaller amounts. Food and drinks high in fat and sugar contain lots of energy, particularly when you have large servings.

Check the label and avoid foods which are high in fat, salt and sugar!



**What is the name of the healthy eating model in the UK?**

**What does the Eatwell Guide show?**

**Who does the Eatwell Guide apply to?**

**Why doesn't the Eatwell Guide apply to children under two years?**

**What is the main recommendation for fruit and vegetable intake according to the Eatwell Guide?**

**Why should we choose wholegrain varieties of starchy foods?**

**What are some good alternatives to meat for protein intake?**

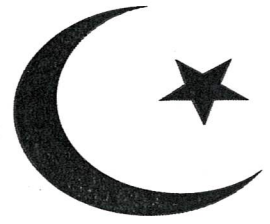
**How much fish should one aim to eat weekly according to the Eatwell Guide?**

**What types of fat should be limited in our diet, and which should be preferred?**

**What are the fluid intake recommendations in the Eatwell Guide?**

## YEAR 7 RS Home Learning

### Muslim Inventions and Their Impact on the World



The Islamic Golden Age (8th–14th century) was a time of great discoveries. Muslim scholars, scientists, and engineers developed ideas that shaped the modern world.

#### 1. Medicine

Muslim doctors made major advances in medicine. **Ibn Sina (Avicenna)** wrote *The Canon of Medicine*, a book used in European medical schools for centuries. Muslim hospitals introduced **quarantine** to stop diseases from spreading and developed new medicines and surgical tools.

#### 2. Mathematics and Numbers

Muslim mathematicians helped create **algebra**. **Al-Khwarizmi** wrote books that introduced new ways to solve maths problems. The numbers we use today (1, 2, 3, etc.) come from Arabic numerals. Muslim scholars also introduced the **decimal point**.

#### 3. Astronomy and Timekeeping

Muslim scientists mapped the stars and improved the **astrolabe**, a tool that helped sailors navigate. These discoveries helped later explorers, like Christopher Columbus. They also improved **clocks** to measure time more accurately.

#### 4. Engineering and Architecture

Muslim engineers built beautiful **mosques**, palaces, and water systems. They designed **windmills** to grind grain and pump water. In the 9th century, **Abbas ibn Firnas** designed one of the first flying machines. Muslim architects also built strong bridges and large domes.

#### 5. Libraries and Education

Muslim civilisation created **libraries and universities**. The **House of Wisdom** in Baghdad was a famous learning centre where scholars translated books from different languages. This preserved knowledge and led to new discoveries, influencing the European Renaissance.

#### Conclusion

Muslim inventions have had a lasting impact on the world. Many modern technologies, scientific discoveries, and mathematical ideas came from Muslim scholars. Their contributions continue to shape our daily lives today.

**Home Learning - Read and use the information about Muslim inventions to answer the questions below. You will be tested on these in the next lesson.  
Full sentences please.**

1. What was the Islamic Golden Age, and when did it occur?
2. What is the name of the book written by Ibn Sina (Avicenna), and where was it used?
3. How did Muslim hospitals help stop the spread of diseases?
4. Who wrote books that introduced new ways to solve math problems, and what field did they help create?
5. Where do the numbers we use today (1, 2, 3, etc.) come from?
6. What tool did Muslim scientists improve to help sailors navigate the stars?
7. How did Muslim scientists improve clocks?
8. What kinds of buildings did Muslim engineers design?
9. What was Abbas ibn Firnas known for designing in the 9th century?
10. What was the House of Wisdom, and how did it contribute to knowledge?