

# Unit 6

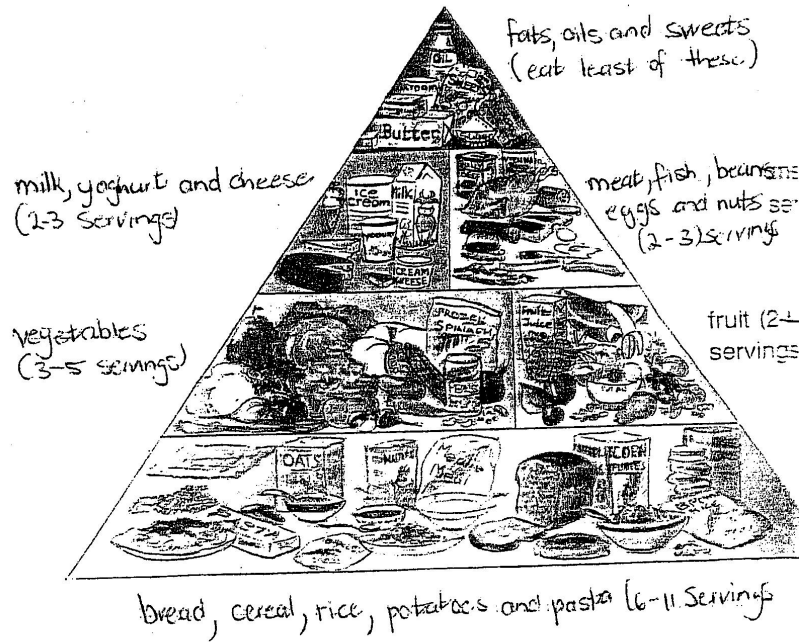
## Healthy foods

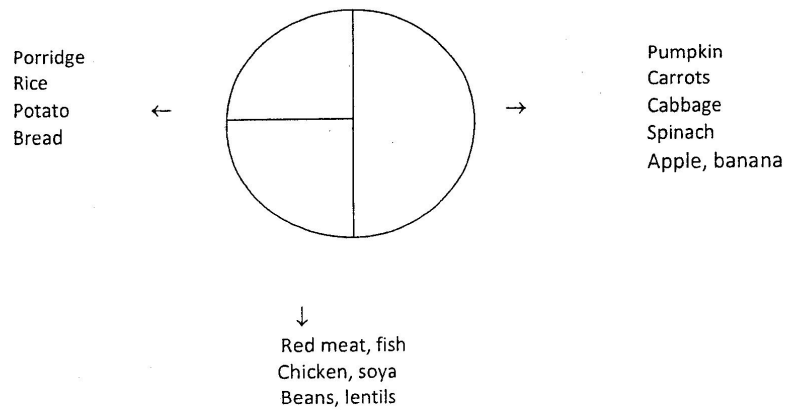
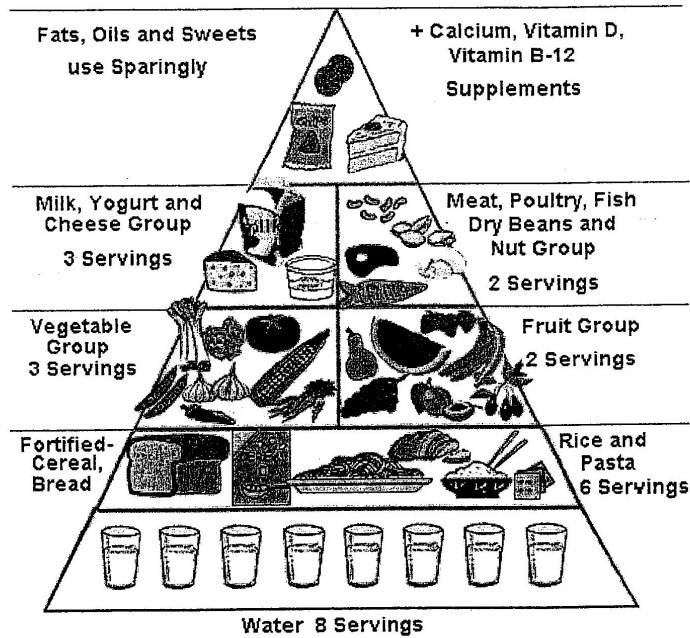
Word  
wall

diet  
balanced  
delicious  
crunchy  
vines  
capacity  
liquid  
boil

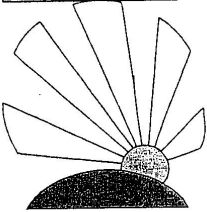

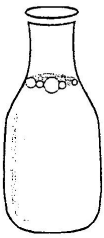


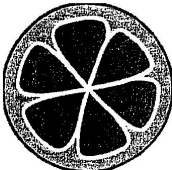
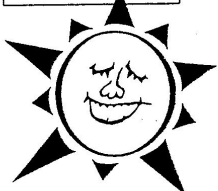
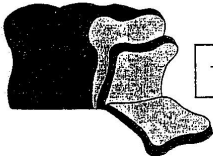
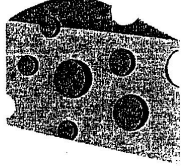


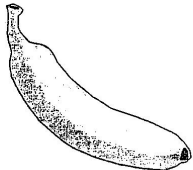

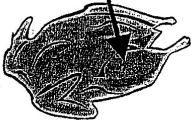
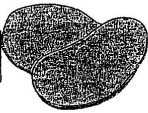



The food pyramid





# IDEAL MENU FOR ONE DAY

<div data-bbox="272 302 451 359">07:00 – 08:00</div> <div data-bbox="272 359 477 569"></div>	<div data-bbox="638 302 1185 537"> +  + </div>
<div data-bbox="318 642 558 789"> <div data-bbox="451 642 558 705">TEA TIME 10:00</div></div>	<div data-bbox="643 632 813 800"></div>
<div data-bbox="293 842 472 898">12:00 – 13:00</div> <div data-bbox="293 898 509 1087"></div>	<div data-bbox="613 842 1268 1062"><div data-bbox="643 842 737 877">2 - 4 snye</div><div data-bbox="613 898 824 1052"></div> + <div data-bbox="886 842 980 877">30 – 60 g</div><div data-bbox="873 898 1052 1062"></div> + </div>
<div data-bbox="331 1146 553 1293"> <div data-bbox="451 1146 553 1199">TEA TIME 15:00</div></div>	<div data-bbox="643 1125 834 1293"></div>
<div data-bbox="318 1335 493 1392">18:00 – 19:00</div> <div data-bbox="293 1392 505 1608"></div>	<div data-bbox="597 1335 1295 1545"><div data-bbox="626 1356 737 1392">60 – 90 g</div><div data-bbox="597 1413 786 1535"></div> + <div data-bbox="837 1335 1032 1423">1 – 1 ½ koppie rys/ Samp/pasta/mielies/ stywe pap</div><div data-bbox="846 1434 992 1545"></div> + <div data-bbox="1089 1314 1295 1545"></div></div> <div data-bbox="1040 1566 1284 1608">F.H: December 2001</div>

## Draw up a one day meal plan

Breakfast	
Inbetween	
Lunch	
Inbetween	
Supper	

## Cheap food choices

### **Meat**

- Lentils
- Beans
- Eggs
- Peanutbutter
- Pilchards
- Soya mince
- Meat sauce
- Chicken/beef liver
- Bake beans

### **Starch**

- Mealie meal
- Oats
- Matabella
- Rice
- Bread
- Pasta
- Beans
- Lentils
- Bake beans

### **Veggie and fruit**

- What is in season
  - Veggie garden
-

- a) Do not discard meat bones or the outer leaves of vegetables but use these in soups or stews.
- b) Do not scrape, peel or cut vegetables and potatoes the previous evening and leave them in water. These should all be prepared shortly before they are to be used, as the longer a vegetable (either raw or cooked) is left standing, the more food value gets lost. Do not soak vegetables once cut.
- c) Always put vegetables to be cooked in a small amount of boiling water; more can be added later, if necessary. Cook until just soft and not longer as over cooking diminishes the food value. Any left – over water should be used in soup or gravy.
- d) A protein-rich food or body building food such as dry beans, meat, fish, eggs or cheese or a combination of these, forms part of the main meal everyday, as it is essential for good nutrition. A small amount of fish meat, chicken, egg or cheese, combined with dry beans or other dry legumes, makes a nutritional adequate dish.
- e) Soya beans have a higher nutritional value than any other dry legume. Products made from soya beans, so – called Textured Vegetable Protein (TVP) – products, e.g “Toppers and Sungold”, are much cheaper than animal protein and are good value of money. Serve these products at least once or twice a week.
- f) Peanut butter on brown bread is a good body- building food. It is preferable if milk is served with the same meal.
- g) A meal consisting of vegetable soup with bread pr porridge is not adequate unless a body – building food is served at the same time
- h) Sufficient protective foods, such as vegetables and fruit, have to be included everyday in order to protect children against disease. If fruit is not available, use fresh raw vegetables, e.g. tomatoes, cabbage or carrots.
- i) Skim-milk powder is the cheapest form of milk. If funds permit, full-cream or low-fat (2%) milk should have preference. Milk blends, although much cheaper, are not recommended as these do not have the same nutritional value as milk products. Always look for the “real Dairy” mark before you buy dairy products.
- j) Use measuring spoons and cups and/ or a scale to measure and weigh ingredients for recipes.