

Thursday 4th June 2020

To design a healthy meal

Food safety, everyone's business

The second World Food Safety Day (WFSD) will be celebrated on 7th June 2020 to draw attention and inspire action to help prevent, detect and manage foodborne risks. This contributes to better food security (ensuring we can provide enough food), human health (avoiding food-related illnesses), better economy (because we are able to trade food internationally) and sustainable development (meaning we can grow and use our own food rather than relying on international food).

The World Health Organisation, who manage this campaign, are aiming to succeed in the following 5 calls to action:

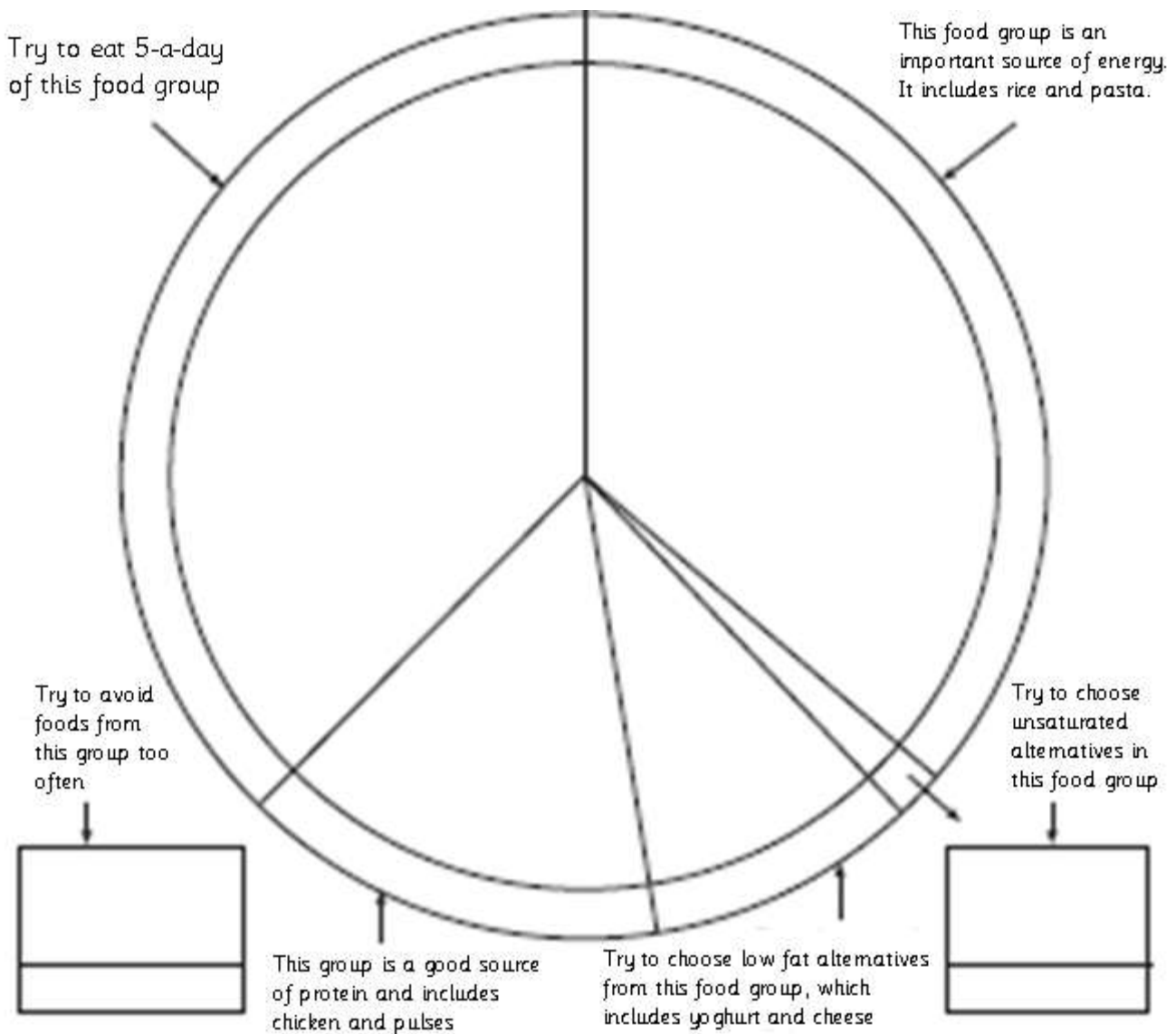
- 1) Ensure it's safe** - Government must ensure safe and nutritious food for all
- 2) Grow it safe** - Agriculture (farms) and food producers (businesses) need to adopt good practices
- 3) Keep it safe** - Business operators must make sure food is safe (pack it carefully, wash hands when handling food, avoid cross-contamination of different foods)
- 4) Eat it safe:** All consumers (everyone eating the food) have a right to safe, healthy and nutritious food
- 5) Team up for safety** – Food Safety is a shared responsibility

In today's lesson, we are look at number 4 – Eat it safe.

Everyone has a right to safe, healthy and nutritious food and we have the power to drive change. People need to be empowered to make healthy food choices for themselves and support sustainable food systems for the planet. People need access to clear and reliable information about the nutritional and disease risks associated with their food choices. Unsafe food and unhealthy dietary choices can lead to disease.

Finding the Food Group

We can divide the food we eat into five food groups. We should follow a balanced diet to stay healthy. We should eat a variety of different foods in correct proportions. The plate below shows you the five food groups. We should always try to eat more of the two largest food groups and less of the food groups in the smaller sections.



Label each section of the plate with one of the following:

1. bread, rice, potatoes, pasta and other starchy foods
2. fruit and vegetables
3. meat, fish, eggs, beans and other non-dairy sources of protein
4. milk and dairy foods
5. foods and drinks high in fat and/or sugar
6. oils and spreads

Look at this list of foods. Write each one in the correct section of the plate.

chocolate	muesli	peas	roast beef	doughnut	wholemeal loaf
cheese spread	nuts	cabbage	cous cous	ciabatta	
margarine	haddock	mushroom	cheddar cheese	cauliflower	fromage frais

Can you think of your own foods to add?

- Where would your breakfast go?
- What other fruits or vegetables could you add?
- What types of fish / meat could you add?
- If you are vegetarian or vegan, what alternatives could you add to the protein section instead of meats?
- What healthy alternatives could be used as snacks?
- What drinks are high in sugar?

Answers on next page. Check if you were correct!

