

Review unit

1



Breakdown

SESSION SUMMARY

- Review food groups...
- Review healthy food pyramid.
- Groups 1, 3 and 5.
- Activities: preparation of a weekly menu with food groups 1, 3 and 5. Group work.

CONTENTS

- Food groups in the healthy food pyramid: dairy products, carbohydrates and fruits and their importance in the Mediterranean Diet.
- Recommended consumption frequency.
- Local products.
- The vision of our collaborators.

SPECIFIC OBJECTIVE

- Remember and understand the role of food groups 1, 3 and 5 in the healthy food pyramid and the Mediterranean Diet.
- Value local products as a cultural wealth with a sustainable attitude towards the planet.
- Raise awareness among students about other realities.
- Encourage responsible behavior to prevent cardiovascular diseases.

KEY COMPETENCIES

1. Linguistic communication.
2. Mathematical competence and basic competences in science and technology.
4. Learn to learn.
5. Social and civic competences.
6. Sense of initiative and entrepreneurial spirit.
7. Cultural awareness and expression.

**Remember**

Remember that to stay healthy we need a lot of different nutrients. That is why our diet should be as varied as possible. Also, if that were not the case, eating would be very boring. And it's not at all!

Each food has its own characteristics and provides different benefits. Therefore, it is very important to understand them in depth, to know how much energy they contribute to our diet and their recommended frequency of consumption. In doing so, we can carry out a healthy, varied and balanced diet.

If you have done the previous sessions, you already know the different food groups and how the healthy food pyramid indicates how often they should be consumed.

Do you remember how many food groups there are?

There are six. Today we are going to review three of them. Let's get started!



1 Pyramid



2 Food group

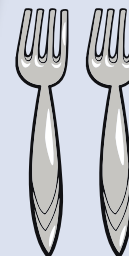


Group 1

3 Servings a day

1/3

4



Moderate consumption

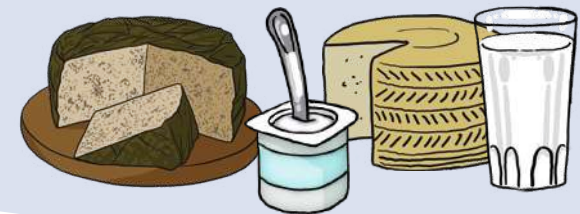
6 The vision of:

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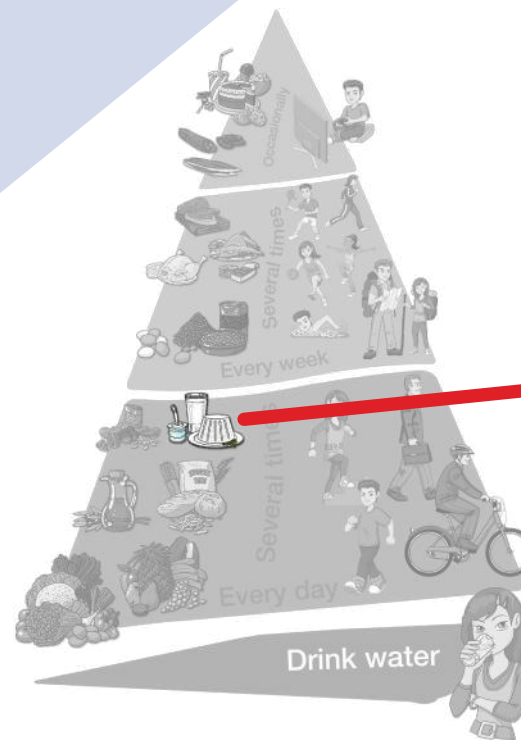
5 Local dairy products



This group includes milk and all the food products that come from it: yogurt, cheese, curd and other dairy desserts.

1/ On the healthy food pyramid

Let's look at where this food group is on the pyramid ... It is on the green step, the first level. This means that you should consume food from this group daily.



2/ Characteristics

They provide proteins, essential for growth, carbohydrates and fats. They are high in calcium and vitamin D, essential for healthy bones..



Group 1

3/ Healthy habits and dairy products

As we mentioned, you should consume them daily. It is advisable to have between 1 and 3 servings a day.

Servings a day
1/3



4/ Dairy products in the Mediterranean Diet

Remember



The Mediterranean Diet consists of a balanced diet, tied to a style of cooking and certain local products that have been handed down from generation to generation, like the physical exercise that we should do in order to maintain a healthy lifestyle.

Advice from Tix

According to the Mediterranean Diet, dairy products and their derivatives will always be on your side!



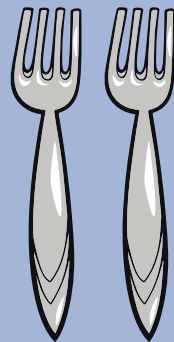
Advice from Loy

So it's super important that you don't forget to include them in your daily diet.





The best way to guarantee a balanced and varied diet is moderate consumption of dairy products and their derivatives.



High consumption



Moderate consumption



Occasional consumption

Now we are going to show you some examples of how you can introduce them in the different meals of the day:



A glass of milk for breakfast



A cheese sandwich for lunch



Dessert yogurt after dinner



5/ Local dairy products

Tix and Loy have taught us that the climate, geography and cultural and historical heritage of each region make each place specialize in the cultivation, creation and consumption of certain foods.

Color your community and write in the following list the dairy products typical of your region.



*Dairy
products*

6/ The vision of:



Milk is one of the main sources of calcium, the most abundant mineral in the human body.

Consumption of milk and dairy products improves the overall quality of our diet, enriching it with calcium, potassium, magnesium and vitamins A and D, among others. In addition, this is a complete and balanced food group that helps prevent high cholesterol.



Therapeutic milk is a very effective treatment for younger children who suffer from malnutrition.

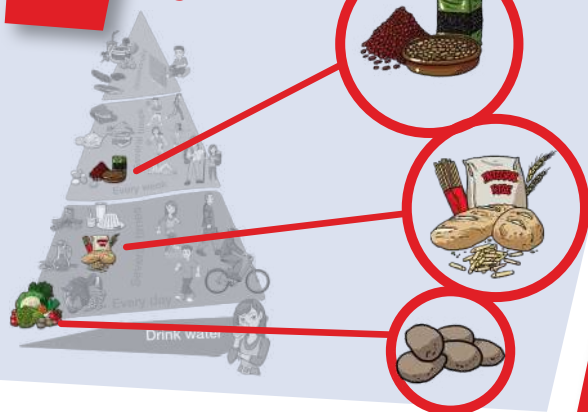
To follow a balanced diet it is advisable to have between 2 and 4 servings a day. But in underdeveloped countries children do not have this food available and many suffer malnutrition. Hence the importance of milk powder. In only 3 days of treatment, a child can gain around 2 kilos and survive.

The well-being of dairy cattle means higher productivity and better milk quality.

We should support a management model that proposes a step forward in sustainability and respect for the environment. Aerated and clean stables, veterinary attention, sand beds, automatic cleaning ... are some of the aspects that guarantee ethical treatment of animals to ensure the welfare of dairy cattle.



1 Pyramid



2 Food group



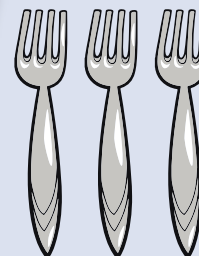
3 Servings

3/5 servings of
legumes a week.

4 daily servings of
potatoes, cereals
and their derivatives.

Carbohydrates,
vegetables, cereals
and root vegetables.

4



High
consumption

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5 Local food products from group 3



This group includes carbohydrates,
legumes, cereals and root vegetables.

1/ On the healthy food pyramid

Let's look at where this group is on the pyramid ... In two steps: green (first level) and orange (second level).

Green steps: bread, rice, pasta, breakfast wholemeal cereals and potatoes. Eat them every day.

Orange step: legumes. Eat them several times a week.



2/ Characteristics

Legumes are a very interesting food: they are high in protein, they provide a large amount of fiber, they contain iron and vitamins.

Cereals such as rice or wheat and their derivatives, such as pasta, bread, flour and corn, provide a significant amount of carbohydrates.

The most important **root vegetable** in our environment is the potato. It provides a significant amount of carbohydrates, as well as fiber, proteins, vitamin C and iron.

3/ Healthy habits in group 3

It is recommended to have **4** potatoes, cereals and their derivatives.

It is recommended to have between **3 and 5 servings** of legumes a week.

3/5 3 and 5 servings of legumes a week.

4 daily servings of potatoes, cereals and their derivatives.



Group 3



4/ In the Mediterranean Diet

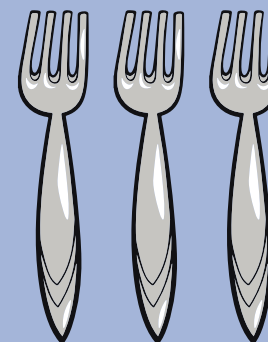
Remember



*As we saw previously,
the Mediterranean Diet
is based on the abundant
consumption of foods
of vegetable origin,
among which are cereals
(preferably wholemeal),
legumes and potatoes.*



***To guarantee a balanced
and varied diet, a high
intake of carbohydrates,
vegetables, cereals
and root vegetables is
recommended.***



**High
consumption**



**Moderate
consumption**



**Occasional
consumption**

5/ Local food products from group 3

Remember that consuming locally produced foods has many advantages: they are fresher, they conserve their nutrients better, they enrich our community ...

Tix and Loy have taught us that the climate, geography and cultural and historical heritage of each region is what makes each place specialize in the cultivation, production and consumption of certain foods.

Color your community and write a list of products from group 3 that are typical of your region.



Group 3

6/ The vision of:



Cereals, legumes and other carbohydrates provide energy to our bodies, necessary to perform important daily activities: exercising, working, thinking ...



In other countries there are children with a deficient diet, which we call a basic diet.

This is based on foods that are grown in the environment, but that alone or being what they mostly consume, are not enough for a balanced diet. For example, rice, cereal flour and root vegetables, such as potatoes or cassava, are the basis of their diet.

It is important to take care of our planet through our diet, finding a balance between the production of natural resources and the rate at which we consume them.



Regarding the foods we are reviewing, it is important that they be grown in a sustainable manner, without abusing the capacity of the soil to maintain and nourish the crops, and using cultivation work that respects the environment.

1 Pyramid



2 Food group

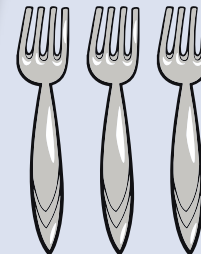


Group 5

3 Servings a day

5 taking into account vegetables as well.

4



High consumption

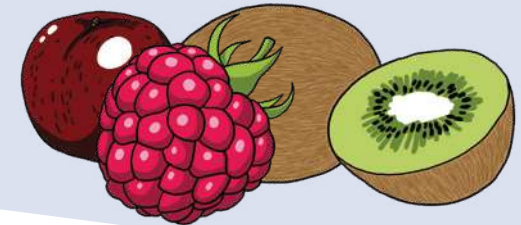
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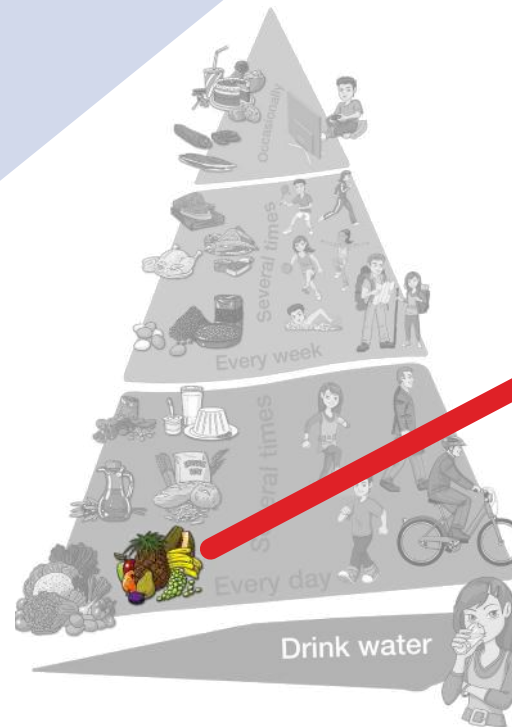
5 Local fruits



Fruits are included in this group.

1/ On the healthy food pyramid

Let's look at where fruits are on the pyramid...
They are on the green step, the first level,
so you should eat them every day.



2/ Characteristics

Essential foods for our nutrition.. They provide a large amount of vitamins and minerals. They have high water content, so their caloric intake is very low. Some have a higher proportion of carbohydrates (banana, grapes) or fats (avocado), providing more energy.



Group 5

3/ Healthy fruit habits

Servings a day

5 taking into account vegetables as well.



4/ In the Mediterranean Diet

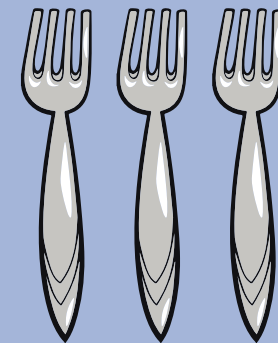
Remember



*As we noted previously,
the Mediterranean
Diet is based on the
abundant consumption
of foods of vegetable
origin, among which
are fruits.*



*To guarantee a
balanced and varied
diet, a high intake of
fruits is recommended.*



High
consumption



Moderate
consumption



Occasional
consumption

5/ Local fruits

Remember that consuming locally produced foods has many advantages: they are fresher, they conserve their nutrients better, they enrich our community ...



Fruits

6/ The vision of:



Fruits should be consumed daily (3 to 5 servings) because they provide a large amount of water, vitamins and minerals. In addition, their caloric intake is very low and help prevent excess weight gain, one of the main factors that trigger heart problems.



Fruits and vegetables are necessary for a balanced diet, although many children are unable to maintain one.

Drinking water daily is essential in order to do so. If clean water is not available and consumed, there is a high risk of contracting diseases that can even be deadly. We also learned about the importance of washing hands and fruits.

Consuming seasonal and locally grown fruits help promote sustainability.



The best way is to consume fresh and seasonal products, such as local fruits and vegetables and that farmers grow and harvest seasonally in the region. Doing so reduces transportation costs and toxic gas emission to the planet.

Activities

Review unit

1

The students will be divided into groups of three or four people.

2

A template of the weekly menu will be distributed by group.

3

A member of the group will be the secretary, who will be responsible for writing the chosen dish on the template.

4

The students will choose a spokesperson to pool the menu once the task is finished.

5

When the groups have finished, they will let the rest of the classmates know their menus.

6

They will be able to give their opinion, reminding them of the importance of taking turns and listening with respect, even if they don't agree.



Activities

Review unit

1

Taking into account what we have reviewed, prepare a weekly menu for the groups. You must use foods from the three groups we've reviewed. It is important to follow the recommended indications of consumption and frequency for each food group. Be sure to create balanced and varied menu. Go for it!



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
BREAKFAST					
LATE MORNING SNACK					
LUNCH					
AFTERNOON SNACK					
DINNER					