First Year Home Economics

Nutrition and Healthy Eating

Timetabled classes
- Two double classes every week
- 1 class = Practical cookery
- 1 class = Theory lesson

Junior Certificate Course Outline
- Written exam (June year 3) = 50%
- Practical cookery exam (April year 3) = 35%
- Project work (Feb.-May Year 2) = 15%

Total = 100%

Course Outline cont.
- Theory/bookwork
  1. Food studies
  2. Social & family studies
  3. Consumer studies
  4. Resources management & home studies.
  5. Textiles
- Final exam in Junior Cert. = 50%
Practical Exam

- Students complete a practical exam at the end of 3rd year under the supervision of an external examiner.
- Exam = 35% of overall JC grade.
- A written document must be completed in advance of the exam.

Project work

- Childcare project = 15% of Junior Cert grade.
- Based on any child development topic from conception to ten years.
- E.G.:
  - Development of a child with ADHD.
  - Development of a child with Asthma.
  - Development of a child from 0-6 months

Why do we eat food?

- Feel hungry
- Like the taste of it
- Need it to survive
- To celebrate an occasion eg confirmation/wedding
- To comfort ourselves – warm drink on a cold day

Why do we need food?

- Food is necessary for:
  - To grow
  - To recover from illness
  - Energy for the body
  - Heat for the body
  - To help the body function (work) properly
  - To protect the body from illness
Healthy Eating

- Eat a wide variety of food
- Eat less fat
- Eat less sugar
- Eat less salt
- Eat more fibre
- Eat more fruit & vegetables
- Drink more water

Balanced Eating

- Balanced Diet: Is a diet that contains the correct proportion of nutrients according to the individuals dietary needs.

Food Groups

- Cereal, Breads & Potato Group
- Fruit & Vegetables Group
- Dairy Group
- Meat, Fish & Eggs Group

See food Pyramid Poster – let’s look at your journal.
Nutrition

There are six nutrients:
- Proteins,
- Fats,
- Carbohydrates,
- Minerals,
- Vitamins,
- Water

Classification – Putting them into Groups

Macronutrients = nutrients required in large amounts, i.e. proteins, fats and carbohydrates.

Micronutrients = nutrients required in small amounts, i.e. minerals and vitamins.

Protein

Made up of many simple units called amino acids.

Sources of (foods which contain) protein:
- Meat
- Milk
- Nuts

Functions of protein

- For the growth of all body cells e.g. skin and bones.
- The repair of worn out or damaged cells e.g. cuts.
- Excess is used for heat and energy.
Carbohydrates

- All carbohydrates are made up of one or more single sugar units.
- They come from plant food.
- Plants make their own food by a process called photosynthesis.
- Sources:
  - cakes, biscuits, potatoes, cereals, bread, pasta & fruit

Functions

- Carbohydrates supply the body with heat and energy.
- Extra carbohydrate is stored as fat, (adipose tissue) which insulates the body.
- Cellulose aids digestion by pushing food through the intestine quickly

Fats

- Sources:
  - Animal Fats (from animal sources) - Butter, meat, oily fish, eggs, cheese, cream
  - Vegetable Fats (from plant sources) - Cooking oil, nuts, cereals, margarine

Functions

- Fats produce heat and energy
- Fats insulate the body with a layer of adipose tissue
- Fats protect delicate organs e.g. Kidneys

Nutritional needs of adolescents

- Rapid growth – requires protein, vitamins & calcium.
- Energy requirements vary – depending on ACTIVITY levels.
- For Maximum health & concentration – eat plenty fruit & veg. low fat dairy & whole grains.

Avoid greasy food & drink 2.5 litres of water. WHY?
Micronutrients

**Vitamins**

- **Vitamin A** - Growth & Skin
  - Good eyesight
- **Vitamin B** - Healthy nerves
- **Vitamin C** - Fights infection

**Minerals**

- **Calcium** – Healthy bones & teeth
- **Iron** - Healthy blood (prevents anaemia)

Packed Meals

- **Cheese and Tomato**
  - wholemeal roll
- **Vegetable Soup**
- **Fruit Yoghurt**
  - Apple
- **Chicken and Coleslaw**
  - Wrap
  - Milk

Your packed lunch is important

- Good health
- Energy
- Concentration on work
- To prevent snacking
- Should include one food from each 4 food groups