

A-Level Health & Social Care

You have already had access to induction material, completing tasks for the July induction day. In addition the following need to be completed over the summer and brought with you in September.

Task One

Since lockdown, many households have changed their eating habits. These changes can have long term implications on health and wellbeing, both positive and negative. The government offers guidance to the people of the UK on how to achieve a 'balanced diet'. Watch the following video clip and summarise the 'Eatwell Guide's' main suggestions of how to make healthy choices. [British Nutrition Foundation: Eatwell Guide](#)

The questions below are a guide to what your summary should contain – but you should **not** limit yourself to **only** answering these questions.

1. What are the main sections of the guide?
2. Can you suggest examples of foods which fit into each group?
3. Give one thing to keep in mind for **each** section to help readers of the Eatwell Guide make healthier choices e.g. 'fruit juice is a healthy choice as it supplies the body with fibre and vitamins. However, it should be limited to 150ml a day due to the high sugar levels contained.'

Task Two

Read this article: [Forbes: five ways that coronavirus will change the way we eat](#)

Complete a food diary for three consecutive days, including times and quantity of food consumed:

Day	Time	Food description
Example Tuesday	08:35am	2 weetabix 30 ml semi skimmed milk 1 x cup of tea with milk and 1 sugar

Task Three

Compare your food diary to the Eatwell Guide. Do your eating habits match the recommendations from the government? What is similar to the Eatwell Guide? What is different or does not follow the Eatwell Guide?

Example

On Thursday my food diary contained pasta Bolognese. The pasta used was whole wheat pasta, which is a healthier choice compared to white pasta because.... This matches the recommendations from the Eatwell Guide because...

Have a good summer and we look forward to seeing you in September
