

Starter:

1. Define lactose intolerance [1 mark]
2. State one symptom characteristic of lactose intolerance [1 mark]
3. List two products or dishes not recommended for individuals with this condition [2 marks]
4. Describe two situations/ health conditions in which a high-fibre diet might be of benefit [2 marks]

Starter:

- i) From the foods below circle those which are suitable for vegetarians. (1 mark)

<i>fish pie</i>	<i>cottage pie</i>	<i>ham sandwich</i>	<i>cheese sandwich</i>
<i>chicken broth</i>	<i>pizza margherita</i>	<i>tuna salad</i>	<i>spaghetti bolognese</i>
<i>fruit smoothie</i>	<i>milkshake</i>	<i>scrambled eggs</i>	

- ii) From the foods below circle those which are suitable for vegans. (1 mark)

<i>fish pie</i>	<i>cottage pie</i>	<i>ham sandwich</i>	<i>cheese sandwich</i>
<i>chicken broth</i>	<i>pizza margherita</i>	<i>tuna salad</i>	<i>spaghetti bolognese</i>
<i>fruit smoothie</i>	<i>milkshake</i>	<i>scrambled eggs</i>	

Revision- Nutritional Needs Part 2

Learning Objectives:

Recall information about nutritional needs

Address any misconceptions

Apply knowledge to exam questions

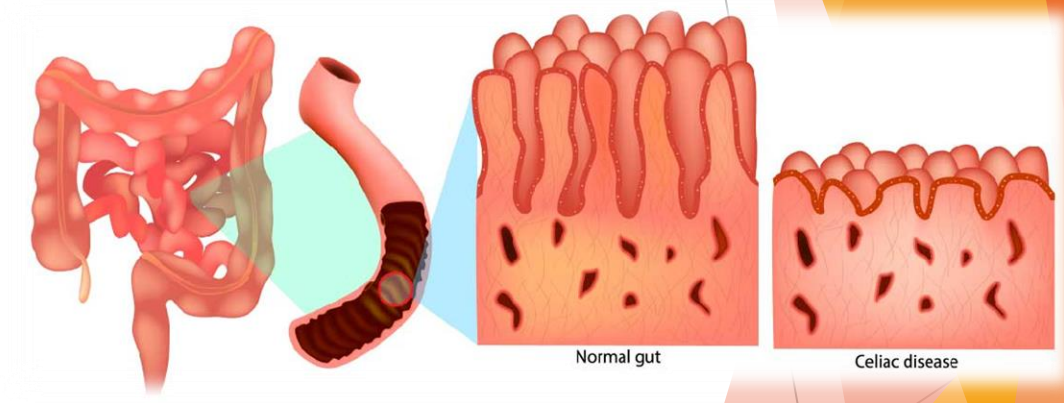
In depth look- Vegetarians etc

- ▶ Vegetarians
 - ▶ Lacto-vegetarians- do eat dairy products
 - ▶ Lacto-ovo vegetarians- do eat dairy and eggs
 - ▶ Ovo- vegetarians- Do eat eggs
- ▶ Vegans- no animal products!
- ▶ Issues with these diets:
 - ▶ B12 deficiency
 - ▶ Non-haem iron
 - ▶ Need to eat fortified foods



In depth look- Coeliac Disease

- ▶ Sensitivity to gluten
- ▶ Gluten = protein found in wheat, rye, barley and sometimes oats (processing)
- ▶ Those who suffer from it, their body attacks healthy tissue by mistake, can damage the lining of the intestines, which stops nutrients being absorbed.
- ▶ Food labelling laws means that gluten needs to be shown as part of ingredients
- ▶ How do you avoid contamination from gluten?



In depth look- Lactose Intolerance

- ▶ Fairly common in the UK
- ▶ Body is unable to digest sugar found in milk (lactose)
- ▶ Enzyme in the digestive system called lactASE needed to breakdown lactOSE
- ▶ Lactose is a disaccharide (glucose and galactose)
- ▶ Because it is not broken down, it stays in the digestive system and ferments, producing gases.
- ▶ This leads to a bloated stomach and stomach pains, wind and diarrhoea



In depth look- High-fibre diet

- ▶ Important as part of a healthy diet
- ▶ Adults should have 30g fibre a day
- ▶ Easily done by switching out refined 'white' foods for wholemeal/grain alternatives
- ▶ Insoluble fibre (makes up your poop)
- ▶ Soluble fibre (reduces cholesterol, and therefore CHD)
- ▶ Less likely to over eat (due to feeling full)
- ▶ Should add fibre gradually, otherwise you may become constipated/gas/stomach pains



Plenary- Exam question

Read the recipe for a fish pie below. Suggest one modification that would make the dish suitable for:

- a vegan
- a coeliac
- a person on a high-fibre diet
- a three-year-old child

given that a typical portion is about 300g. Justify your answers.

Ingredients	In 100g	
Potato	kcal	136
Carrot	Carbohydrates	8g
Cheddar	Proteins	9g
Lemon	Fats	7.5g
Haddock	Sodium	3.5g
Salmon	NSP	1g
Olive oil		
Salt, pepper		



Mark Scheme

The answer provides any one modification from:

(1 mark for each correct, max. 4 marks)

- I) Exchange haddock and salmon (fish) for a vegan source of protein, e.g. tofu, TVP, soy chunks, beans or lentils.
Exchange Cheddar (cheese) for a vegan alternative, e.g. tofu.
- II) The dish doesn't contain any sources of gluten. The dish doesn't have to be modified.
- III) The dish is quite low in fibre, as the only sources of it are potatoes and carrots. To increase the amount of fibre: increase the amount of vegetables in the dish (e.g. add onion green peas, courgette, bell pepper); add breadcrumbs or oats on top; add powdered fibre to the mashed potato or sauce; serve with a salad.
- IV) The portion is quite large (300g) and might be too big for a three-year-old. The portion should be made smaller. No other changes are required as the dish contains large amounts of calcium, protein, vitamin D, which are necessary for children's health.

Accept other suitable answers.