



Hospitality and Catering

Specific dietary requirements

Lesson 1

Gain an understanding of specific dietary requirements due to customers preference, medical and religious reasons.





Learning Objectives

- List the government guidelines for a healthy diet
- Define carbohydrate's role in the diet, foods containing carbohydrates and problems with an excess of carbohydrates
- State the role of protein in the diet and what foods contain protein
- Recognise the role of fats in the diet and what foods contain healthy fats
- Summarise different types of vitamins and minerals and what foods contain them.
- Identify foods containing fibre and antioxidants and list their function





Learning Objectives

- Explain diets effect on type 2 diabetes, heart disease, stroke and cancer
- Describe the health benefits of a healthy diet
- Recognise how to cook foods in a healthy way
- Understand the difference between a vegetarian, vegan, lacto vegetarian and ovo vegetarian diet
- Summarise what is included in a diabetic diet, gluten free diet and the importance of allergen awareness
- Outline religious diets requirements including Jewish (Kosher), Islam (Halal) and the Hindu diet





Dietary requirement

This is the type of food required to live a healthy lifestyle.





Dietary requirement

There is general public advice for everyone regarding diets and there is specific advice for people with specific needs and religious beliefs.





Government guidelines

Following simple information, we can all eat a healthy diet.

Using a simple 'eat well plate' you can visually see the proportions of food that are healthy.





Government guidelines

- Lots of fruit and vegetables
- Lots of carbohydrates
- Some protein
- Minimal fats





5 fruit and vegetables a day

The Governments recommendation for good nutrition is 5 a day.

More recently it is recommended that we eat even more than 5 a day.





Revision Activity 1

**How many portions of
fruit and vegetables
should you have a day?**