



Hospitality and Catering

Specific dietary requirements

Lesson 3

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





Simple approach to health

Eat fresh fruit and veg every day.

Reduce high fat and high sugar products.

Eat protein often and less red meat.

Eat low fat dairy.





Sounds simple

Eating healthy sounds so easy but many of us do not eat in this way. The consequences of long-term unhealthy diets are very damaging to the body and our health.

HEALTHY
HABITS

...MAN
...Y IS THE
BEST WORK OF
ART

OBES

WORK
OUT

EAT L
SUC

...MASS
...DEX

YOU'RE NOT
HUNGRY,
YOU'RE BORED



Weight gain- getting fat

An adult man needs around 2500 calories a day based on mild exercise. A woman needs approximately 2000.

If you sit most of the day and eat processed foods, you soon put on weight.





Diabetes type 2

This is the bodies inability to manage and bring down sugar levels in the body.





Diabetes type 2

It ultimately stores the sugar as fat in the body and insulin injections are needed to supplement a lack of insulin in the body.





Diabetes type 2

This leads to obesity because of rapid weight gain. Diabetes type 2 can be prevented or reversed with exercise and lots fruit and vegetables.





Diabetes type 2

Removing high fat and sugar from
the diet is the best thing anyone can
do for health.





Heart diseases

Low saturated fat and high vegetable intake has been found to reduce blood pressure and heart disease.

Saturated fat includes butter and red meat.





Stroke

This is where fatty tissue builds up in the arteries and then blocks. This stops blood flowing to the brain, causing a stroke.





Stroke

Low saturated fat and a high vegetable intake can begin to reduce the fat in the arteries.





Cancers

Cancers can be caused from pollutants which enter the body.





Cancers

Antioxidants can help to prevent this.
Fruit and vegetables that are eaten raw
contain the most antioxidants.





Revision Activity 3

What diet can help to reduce the risk of type 2 diabetes?