



Hospitality and Catering

Specific dietary requirements

Lesson 4

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





Positives of a healthy diet

The benefits of a healthier diet are huge. Your diet can affect how long you live and how well you live.

A graphic on a blue plate background showing the words "BURN" and "FAT" spelled out with white letter tiles. The tiles are arranged in two rows: "BURN" on top and "FAT" on the bottom. The plate is surrounded by dark blue circular shapes.

BURN
FAT



Positives of a healthy diet

The typical western diet is not very good for long term health.



Mental and physical health

Science shows that this improves within weeks of changing to a more healthier way of eating.

Once you start on this path many other things improve too.





Increased energy

You feel less sluggish and more motivated to do things. You will have added strength to go a little further or to try a little harder.





Healthier looking skin

Skin becomes shinier and more elastic. It ages slower and you will look healthier.

You may also get less spots and skin irritations.





Low body mass index BMI

This is our body weight compared with our height.

A good BMI will have your body weight in balance with your height and not overweight.

A large, stylized graphic on the right side of the page. It features a white circular area with the words "BODY MASS INDEX" written in a bold, black, sans-serif font. The text is arranged in three lines: "BODY", "MASS", and "INDEX". The graphic is partially obscured by dark blue circular shapes that overlap it and the green background.



Low Cholesterol

This should be low in your blood stream, helping your blood to flow easily around the body.



Reducing weight

If you eat less fat and more fruit and vegetables plus some exercise you should lose weight.

This will help to prevent obesity and diabetes.





Less colds and illness

A good diet boosts the immune system and its ability to fight infections.





Less colds and illness

Your body will heal quicker and be resistant against colds and mild infections.





Revision Activity 4

**What diet will help
someone to lose weight?**