

Food Technology

An introduction



Requirements of the Course

- Practical Equipment: Apron, Container, Tea Towel.
- Food Technology Recipe and Resource Booklet – Bring to every lesson.



What is Food Technology about?



Definitions

Food: any nutritious substance that people or animals eat or drink in order to maintain life and growth.

Food Technology: is the application of science and technology in the development of food items.



The FIVE Food Groups

The different types of foods that we eat everyday for breakfast, lunch, dinner and snacks are all part of the FIVE basic food groups.

The FIVE Food Groups include;

1. Breads and Cereals
2. Fruits and Vegetables
3. Milk and Milk Products
4. Meat and Meat Alternatives
5. Butter and Margarine

1. Breads and Cereals

- Grain products like bread, cereal, rice and pasta are very good for you.
- These foods make you feel fuller for longer and provide you with lots of energy throughout the day.
- You need 5-11 serves of Breads and Cereals every day.



2. Fruits and Vegetables

- Fruits and vegetables come in a range of colours and flavours.
- They are required in the diet because they contain many nutrients that help to keep your bodies strong and healthy.
- You need 3 serves of fruit and 5 serves of vegetables a day.



3. Milk and Milk Products

- ❑ The foods in this group are made from milk.
- ❑ They are important because all of the nutrients work together to keep our bones and teeth strong and healthy.
- ❑ Foods in this group include; milk, yoghurt, cheese, yoghurt, custard, etc.
- ❑ You need 3 serves of milk and milk products per day.



4. Meat and Meat Alternatives

- Meat products are those which are derived from animals, such as; beef, pork, mutton, lamb, fish, chicken, turkey.
- Meat alternatives are those which provide similar nutrients to those found in meat products. Such as; eggs, lentils, beans and nuts.
- This particular group contains foods which are vital for growth and repair of the body.
- 1-3 serves of these foods are needed daily.



5. Butter and Margarine

- Foods such as; butter, lollies, chocolate, chips and junk food all fit into this category.
- The foods in this group can be good for us when they are eaten along with foods from the other groups, however, eating too much of these foods can be a problem because they are high in fat, sugar and salt.
- 1-2 serves of these foods can be consumed each day.



Healthy Living Pyramid



Australian Guide to Healthy Eating

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

