

HOW HEALTHY IS THE FAMILY'S DIET?

**This sheet is for use with E6, 7 and 8.
Use information sheets E1, 2 and 3 to help you with this work.**

The family

Look at the family's diet sheet

- 1 Which member of the family has the healthiest diet?
Say why and write down the healthy foods that they eat.

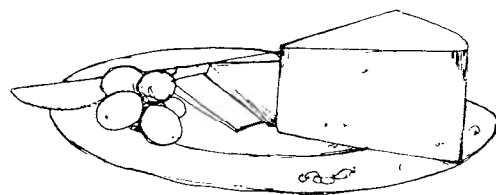
- 2 Which member of the family has the unhealthiest diet?
Say why and write down the worst foods that they eat.

What suggestions would you make to this person for improving their diet and health?

- 3 Everyone needs some sugar and fats/oils.
Which of this family's foods could you eat in a day which would give you some sugar and fat/oil but not too much?

- 4 Look at the menus for breakfast and dinner.
Why do you think the family eat these foods and why are they cooked or prepared in the way they are?

- 5 What sort of events or change in routine could change this family's eating habits?



June, David, John & Lisa Boswell



June and David Boswell are in their 30's. They both work full time, June at a high street estate agent, and David at a local factory. They have two children, John, aged 10, and Lisa aged 14.

June and David go to a big supermarket once a week and stock up the cupboards and freezer.

John gets home from school about an hour or so before his parents. He is always hungry and raids the fridge and cupboards for snacks of chocolate and cakes, crisps and fizzy drinks. Lisa gets home a little later but she has had lessons about food and diet at school and she is concerned that she only eats food that does not contain too much fat or sugar.

When June and David get home they are both hungry and June and David cook meals which are quick and easy.

Breakfast

John - sugar coated cereal with added sugar and whole milk, two slices of white bread toast with butter and marmalade, and a glass of fizzy lemonade.

Lisa - orange juice, branflakes and skimmed milk. One slice of wholemeal toast with polyunsaturated margarine and marmite, a cup of tea with skimmed milk.

June - orange juice, one slice of white bread toast, polyunsaturated margarine and marmalade, two cups of coffee with one teaspoon of sugar and skimmed milk.

David - fried egg and bacon with fried bread, one or two slices of toasted white bread with butter and marmalade. Two cups of coffee with whole milk and three teaspoons of sugar.

The Boswell Family

Mid-Morning

John - a can of fizzy drink and a packet of crisps

Lisa - apple and a packet of nuts and raisins

June - coffee with sugar and a chocolate covered biscuit

David - coffee with sugar and a doughnut

Lunch

John - school dinner in the cafeteria - beefburger and chips and peas, sponge pudding and custard, a can of fizzy drink.

Lisa - packed lunch of wholemeal bread sandwiches spread with polyunsaturated margarine and filled with low fat cheese and tomato, an orange, a carton of fruit juice.

June - a ham sandwich on white bread with butter and mayonnaise, a packet of crisps and a cup of coffee with sugar.

David - steak pie, chips and peas in Melford's canteen, followed by apple pie and custard, a cup of coffee with sugar.

Mid-afternoon

John - lemonade, half a packet of sweet biscuits

Lisa - a cup of tea and a muesli bar

June - a cup of tea with sugar and a cake

David - a cup of tea with sugar and three biscuits

Dinner

The family do not always eat together. Lisa usually prepares her own dinner. Sometimes John has filled up on cake and biscuits and gone out to play football

On this day June and David have fried steak and onions with chips and peas.

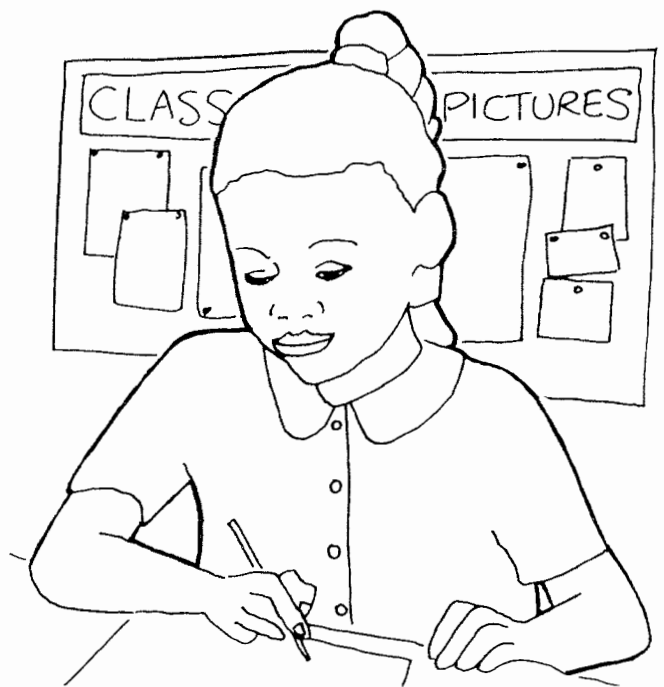
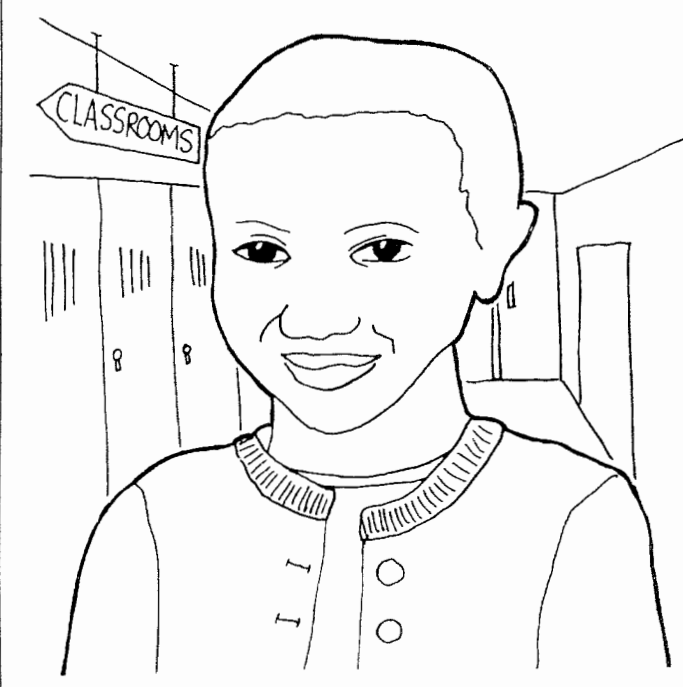
Lisa grills her steak and bakes a potato in its jacket. She also has peas and carrots.

June and David have tinned plums with double cream (Lisa has persuaded them to buy tinned fruit in fruit juice and not syrup).

Lisa also has tinned plums but has them with some natural yogurt instead of cream.

John comes in from football and has some lemonade and chips.

Marcia, Felix, Daniel, Angie and Sharon Robinson



Felix and Marcia Robinson have three children: Daniel 12, Angie 7, and baby Sharon 9 months. Felix is an engineer and Marcia gave up her job as a school secretary when she had Sharon. While she is at home Marcia enjoys preparing Caribbean food for her family.

Marcia and Felix go to the supermarket once a week to stock up on basic items like cereals and pulses and ice-cream. Marcia also goes shopping locally several times a week so the food she cooks is full of fresh ingredients. Baby Sharon is being weaned and mostly eats what the rest of the family eat but pureed in the blender, as well as still having breast milk.

This is what the Robinson family eat on a typical weekday.

Breakfast (everyone eats the same)

porridge
 toast - white bread
 butter
 marmalade
 condensed milk
 hot chocolate
 Sharon has breast milk

Mid-morning

Felix - coffee and a chocolate biscuit
 Marcia - an orange
 Daniel - a chocolate bar
 Angie - nothing
 Sharon - Sharon has breast milk and then a rusk

Lunch

Felix - fried fish and chips in his works canteen with two cups of tea with two teaspoons of sugar.
 Marcia - heats up baked fish left over from yesterday, with bread and polyunsaturated margarine. She drinks water.
 Daniel - beefburger and chips, and a fruit yogurt in the school canteen with a glass of orange squash.
 Angie - a school dinner of roast beef, mashed potatoes, carrots, jelly and custard and a glass of water.
 Sharon - pureed fish and some banana. She drinks some water from her non-spill cup.

Mid-afternoon

Marcia gives David and Angie home-made banana bread and hot chocolate when they come home from school. She and Sharon have some too.
 Felix - cup of tea with sugar.

The family usually eat dinner together though Felix's is often put in the oven for him as he comes in late.

Dinner

stewed chicken with spices, hot peppers, peas and onions
 fried plantain - fried in vegetable oil
 rice boiled with kidney beans
 boiled yam
 lettuce, tomato and cucumber salad
 fresh fruit salad - apples, oranges, bananas, and mango
 ice-cream
 tea or coffee with evaporated milk
 Sharon has pureed chicken, rice and peas and then some natural yogurt. She also has some more breast milk before bed.

Resham, Gurcharn, Rani, Rajvinder and Bebee-ji Rayt.



The Rayt family originally came from Punjab. Resham is a pharmacist at the local hospital where his wife, Gurcharn, also works as a radiologist. Their children, Rani, 15, and Rajvinder who is eight, are at local schools.

Resham's mother, who the family call Bebee-ji - grandmother, lives with them and does most of the cooking and shopping during the week. The Rayt family go to the big supermarket every week to stock up the cupboards and the freezer. The family eat a mixture of Asian and British foods. Because Bebee-ji does the cooking, and she is vegetarian, weekday meals are often without meat.

Breakfast

Rajvinder - sugar coated cereals with semi-skimmed milk.

Rani and Gurcharn- muesli with semi-skimmed milk.

Bebee-ji and Resham have porridge which Bebee-ji makes in the traditional way. She cooks the oats in butter until they are brown. She adds milk and sugar so it is very sweet.

All the family eat wholemeal bread with polyunsaturated margarine and jam.

They all drink tea, Resham and Bebee-ji each take a teaspoon of sugar in their tea.

The Rayt Family

Mid-morning

Resham - coffee with sugar
 Gurcharn - coffee
 Rani - packet of crisps
 Rajvinder - packet of crisps
 Bebee-ji - tea with sugar and a traditional home made sweet-very sweet.

Mid-afternoon

Resham - tea with sugar and a biscuit
 Gurcharn - tea

Rani, Rajvinder and Beebee-ji all have tea at home with a sponge cake bought from the shop (bought cakes usually contain far more sugar than necessary.)

Lunch

Resham - roast lamb, chips, peas and carrots followed by rice pudding and a cup of tea with sugar in the hospital canteen.

Gurcharn - a cheese salad sandwich on brown bread and a fruit yogurt. Cup of tea.

Rani - a packet of crisps, an apple and a can of fizzy drink. She gives away her sandwiches.

Rajvinder - fish fingers, chips and peas and banana custard in the school canteen with a glass of water.

Bebee-ji - makes herself prata. This is made from chapatti flour and butter. She makes two chapattis then coats the insides with butter. Then she puts in a filling of some cauliflower curry left from last night. She joins the two together and fries them in ghee (clarified butter). With it she eats a pickle and has a cup of tea with sugar.

Evening Meal

dal - lentil curry
 subjee - mixed vegetable curry, onions and spices fried in ghee (clarified butter). Then a packet of frozen peas, fresh carrots and potatoes are added and cooked without water in their own juices.

brown rice

salad - lettuce, tomatoes, cucumber, radishes, onions, Indian pickle.

fresh fruit salad of melon and oranges with evaporated milk

tea.