

food4life

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這是一本關於食物衛生和健康飲食的小冊子。欲得到本冊子的中文翻譯資訊，請電 0131 242 8181 向愛丁堡市議會傳譯及翻譯服務部 (ITS) 查詢；並說明參考編號 04482。

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ALT TO THIS HEADING

Five-a-Day

Be Balanced

Stay Clean Stay Safe

Living on your own or with others for the first time can be an exciting time. You will have a freedom to try new things and enjoy your independence.

Looking after your own money, food shopping and feeding yourself may be new to you -

but cooking can be cheap, easy and fun!

You don't have to live on take-outs, microwave meals or chips!

This booklet is an introduction to food, how it can help to keep you healthy, what not to do in the kitchen and a few recipes to get you started.

Once you start practicing and gain confidence you will have a skill that will stay with you for the rest of your life.

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Don't get bogged down with lots of do's and don'ts. Just follow four simple rules and you will enjoy food and stay healthy.

- Food is Fun** (pink bar with pea icon)
- Five-a-Day** (yellow bar with carrot, banana, apple, strawberry, kiwi icons)
- Be Balanced** (orange bar with scales icon)
- Stay Clean Stay Safe** (teal bar with hand icon)

Food is Fun

Cook your own food from raw ingredients

- It's more tasty and fun.
- You get what you like
- It saves you money

So get some friends round and cook a meal -

GIVE IT A TRY YOU MIGHT SURPRISE YOURSELF AND IMPRESS YOUR PALS!

Have a

- dress-up/dress-down! dinner party
- theme night - Indian, Mexican, Chinese, Russian!
- bring-a-dish night
- try a romantic candlelit dinner
- get your friends to experiment with food too!!

Check out our eight easy recipes for one from **page 5**



Make life easier, have a healthy BREAKFAST!You'll have more energy, better concentration and feel good and you won't need to snack on junk when you get hungry!

Five-a-Day

You can still eat cakes, biscuits and other goodies **occasionally** - but you should make sure that you also eat plenty of fresh fruit and vegetables. **Five-a-Day!**



Fruit is a cheap, low fat, low calorie alternative to a chocolate bar snack.

Be Balanced

There are no good and bad foods - only good and bad diets!

- Cut down on salty, fatty and sugary foods
- Increase fibre intake, fruit and vegetables and wholegrain bread and rice
- Starchy foods should make up the main portion of each meal
- Choose low fat or semi skimmed options
- Drink 6-8 glasses of water a day



Stay Clean - Stay Safe

Take care with the 4 C's

- Cooking**
- Chilling**
- Cleaning**
- Contamination**

Having food poisoning is no joke, your body will fight bugs by raising your temperature and firing everything out of your stomach at high speed....sometimes for days!

See how you can keep yourself clean, and your food safe to eat.



Gimme Five!



Aim to eat **5** portions of fruit and vegetables a day

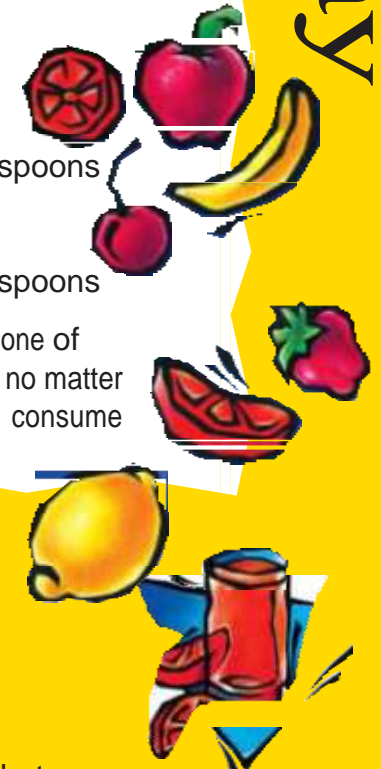
Why?

- They contain lots of VITAMINS, MINERALS and FIBRE which our bodies cannot make but need a constant supply of to work well and grow
- They boost ANTIOXIDANTS which help your body's immune system protect you from illness

What is in a Portion?

Frozen, fresh, canned, dried fruit and vegetables all count.

- | | |
|-------------------------------------|---|
| Apple/banana/pear etc | - 1 item |
| Dried fruit | - 1 tablespoon |
| Grapes | - 1 handful |
| Fruit salad | - 3 heaped tablespoons |
| Melon/Pineapple | - 1 slice |
| Salad | - 1 medium bowl |
| Cooked vegetables | - 3 heaped tablespoons |
| Beans, pulses and 100% fruit juices | - These count as one of your portions - no matter how much you consume each day |



Potatoes are good for you but do not count as a portion!

They:-

- Contain vitamins, minerals and fibre
- Are a good source of starchy carbohydrate
- Give you energy
- Fill you up

Lentil Soup

Simple comfort food so easy it almost makes itself!

Soups are a great way to help you on your way to **Five-a-Day**



TOP TIPS

- You can make soup out of just about any of vegetables and vegetables and
- Leek and old favourite is an
 - Try using other pulses peas or
 - Add some for a creamier taste

Ingredients

- 1 small onion - chopped
- 1 carrot - chopped
- 4 tablespoons of red lentils - washed
- 1 teaspoon of oil
- 2 mugs of water
- 1/2 vegetable stock cube or two teaspoons of powdered stock pepper or parsley

1. Heat the oil in a pot, add onions and carrots. Fry for 2-3 minutes.
2. Add water and lentils. Heat until boils. Reduce heat and simmer until lentils are soft. Approx. 20-30 minutes. Stir occasionally. Add more water if soup becomes too thick.
3. Dissolve stock in small amount of hot water and add to soup.
4. Serve with a little pepper and parsley.

TEMPERATURE!

- Cool soup quickly and put it in a lidded container in the fridge to keep it safe. Use within two days.
- Make extra and freeze portions

Vegetarians, eat your greens!...or breakfast cereal.
Everyone needs iron.



Crispy Salad with Honey Mustard Dressing

This colourful crunchy salad helps you on the way to five-a-day! Eating raw vegetables provides a much richer source of vitamins and minerals than eating them cooked.

Ingredients

- 1/4 Purple Cabbage - thinly sliced
- 1 carrot - peeled and grated
- 1 handful of black grapes - halved
- 1 orange - peeled and sliced
- 1 handful of pumpkin seeds (or any kind of nut)

Dressing (Vary amounts to taste)

- 1 teaspoon of honey
- 1 teaspoon of mustard
- 3/4 tablespoon of balsamic or white wine vinegar
- 1 tablespoon of olive oil
- Pepper

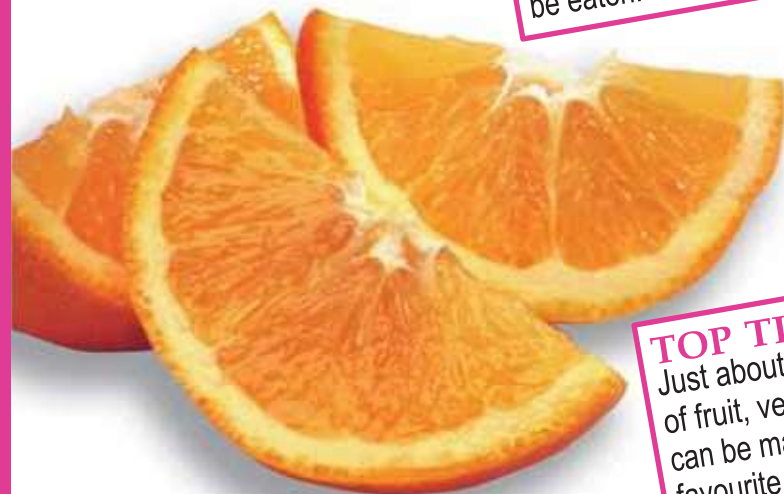
1. Wash and prepare the ingredients. Place in a bowl.
2. Mix the dressing ingredients in a cup. Pour over the salad and mix well before eating.

Dressing Options

- Lemon/lime and olive oil
- Low fat plain yoghurt and mayonnaise
- Greek yoghurt

WASH YOUR HANDS!
Any bacteria be eaten. They

CROSS CONTAMINATION!
onto salad will be cooked



TOP TIP

- Just about any of fruit, veg salad stuff can be made your own favourite salad. It doesn't have to look like rabbit food!

Chicken Curry

If you like it hot 'n' spicy add as much fresh chilli as you dare!

Ingredients

- 1 small chicken fillet - diced
- 1 small onion - chopped
- 1 teaspoon of oil
- 1 clove of garlic - crushed
- 1 teaspoon of fresh root ginger - grated or chopped
- 1 teaspoon of medium curry paste or curry powder
- 1 teaspoon of tomato puree
- 1 can chopped tomatoes
- 2 tablespoons plain yoghurt
- 1/2 mug long grain rice

1. Heat the oil and fry the onions, garlic and ginger.
2. Add the chicken and curry spices. Keep stirring for 5 mins. Add small amount of water if it starts to stick.
3. Add the tomatoes and tomato puree. Bring to the boil, reduce the heat, put a lid on the pot and simmer for 10-15 minutes.
4. Wash rice. Put into boiling water and cook according to instructions.
5. Stir yoghurt into curry dish and serve.



WASH YOUR HANDS!

TEMPERATURE!

CROSS CONTAMINATION!

Raw chicken contain Salmonella
Both of these are destroyed
sure you cook chicken
Don't eat it if translucent and
Remember to anything that
with the raw en, including
Campylobacter heat so make
into contact

For a Fuller Flavour

- Add 1/2 deseeded, chopped of chopped
- Add a ed
- Experiment using your own powdered spices
- Substitute combination milk for yoghurt

Risotto

You can make all types of risotto. This is a basic vegetable recipe to which you can add anything that takes your fancy: chicken, seafood, cashew nuts...!



Ingredients

- 1/2 a mug of long grain rice
- 1 small onion - finely chopped
- Mixture of 2 to 3 vegetables of choice from peas, celery, yellow pepper, courgettes, mushrooms - chopped
- 1 clove of garlic - crushed
- 1 small knob of unsalted butter or 1 tablespoon of oil
- 1/2 teaspoon turmeric - to colour
- 1 vegetable/chicken stock cube - dissolved in 1 mug of water
- Grated cheese or parmesan

1. Fry the onion, garlic and other vegetables in the butter, or oil for 2-3 minutes.
2. Stir in the rice and turmeric.
3. Reduce the heat. Pour in the stock slowly.
4. Stir occasionally and add more water as the rice absorbs the liquid.
5. When the rice is fully cooked sprinkle with grated cheese and serve.

Rice

Arborio rice is traditional Italian used for risotto. It has a more sticky texture.

Seafood Option

Add any of seafood
rice has been
• 1 small smoked haddock diced, 4/5
1 cup of - frozen or
squid rings
• Packs of mixed seafood ideal
for this dish!

Chicken

1 small fillet chicken breast diced.
Fry chicken onions before
vegetables and

Mushy vegetables are tasteless and have lost a lot of their nutrients/goodness. Try steaming, microwaving or stirfrying. Eat raw for added crunch!

You are what you eat . . .

food life

so eat yourself healthy and happy

Water!

Did you know? Water is so important that you can only survive for a few days without it!!

Drink 1-2 litres, 6-8 glasses a day because it helps your body to:-

Keep your temperature stable

Flush out waste

Digest food

and WORK PROPERLY!

Eat lots!

Fruit and vegetables contain vitamins, minerals and fibre which our bodies can't make for themselves! Some vitamins can't be stored by your body so you have to eat them each day. Vitamins protect against heart disease and cancer and help the body to:-

Grow strong bones, hair, skin and teeth

Fight infections and heal wounds

Keep nerves and muscles working well

Use the energy found in food

and alternatives

Eat moderate amounts!

These foods provide protein, which your body needs to grow and repair. They also contain iron and vitamins.

Oily fish are really good for you because they contain Omega 3 fatty acids which help to prevent heart disease and contains lots of Vitamin A and D.



Don't eat too many!

Sweets, snacks and processed foods can have large amounts of sugars, fats and salt so don't eat these types of food every day because they can:-

Make you overweight

Raise blood pressure

Increase the risk of heart attacks and strokes

Cause tooth decay

It's hard to be 100% healthy all of the time. Don't give yourself a hard time for enjoying an occasional unhealthy snack.

and potatoes

Eat lots!

These foods are:-

A good source of energy

Make you feel full

Contain fibre

Prevent constipation

Contain calcium, iron and B vitamins



Eat moderate amounts!

Dairy products contain protein, calcium, B vitamins and minerals which help to:-

Keep bones and teeth healthy

Protect your bodies cells against damage

Keep skin healthy

Take care though Dairy products can be high in fat which can cause heart problems so choose semi skimmed or low fat varieties if you can.



Be Balanced

Be Balanced

Try to keep a balance in what you eat by eating some foods from each of the food groups each day.



Spaghetti Bolognese

Ingredients

- 4oz spaghetti
- 4 oz minced beef or turkey
- 1 onion - finely chopped
- 1 can of tomatoes
- 1 tablespoon of tomato puree
- 1 clove of garlic - crushed
- 1/2 red pepper - finely chopped
- 4 mushrooms - chopped
- 1 teaspoon of dried mixed herbs
- Black pepper

1. Put the onions, garlic and mince into a frying pot and fry gradually. Keep stirring until the mince is brown.
2. Add the tin of tomatoes and the puree
3. Add all the remaining ingredients
4. Let the mixture bubble away for about 20 minutes - stir occasionally
5. Cook the spaghetti in a pot of boiling water until soft
6. Serve with a sprinkle of grated cheese and pepper.

WASH YOUR HANDS! TEMPERATURE! CROSS TAMINA
 • Minced can contain E and utensils
 • Wash your hands touching raw
 • Cook mince harmful bacteria. to kill any

For a Fuller Flavour
 • Add 1/2 stock cube.
 • Leave to cook longer.
 • Add a splash of Worcestershire Sauce.
 • Put in fresh oregano instead of dried herbs.

Options
 ✓ Substitute mince of finely chopped vegetables
 • Any courgettes, carrots
 • Soya mince
 • Quorn



Food is Fun

Chilli con Carne

This simple mixture can be served with rice, a baked potato or pitta bread. A great meal when you have a few people around.



Ingredients

- 4oz minced beef
- 1 small onion - finely chopped
- 1/2 a red pepper
- 1 tin of chopped tomatoes
- 1 small tin of kidney beans
- 1 clove of garlic - crushed
- 1 teaspoon of chilli powder or 1 fresh chilli - remove seeds and finely chop
- 1/2 teaspoon of turmeric powder
- 1/2 teaspoon of cumin powder

1. Fry the mince onions and garlic in a pot. Keep stirring until the mince is brown.
2. Add the tin of tomatoes, pepper and spices.
3. Drain, wash the kidney beans and add.
4. Bring to the boil and simmer for 20 mins.
5. Serve with rice or baked potato.

TEMPERATURE!
 Rice can contain poison-producing cereus, You must
 • Cook rice
 • Cool it
 • Store it in fridge. Never room cooked rice than an hour! for more

For a Fuller Flavour
 Add
 • gravy or 1/2 stock
 • chopped or lentils to thick
 • 1/4 cup of

Food is Fun

Try keeping a food diary for a week - are you getting the balance right?

Macaroni Cheese

This old favourite is an essential for first time cooks. You can add crunchy vegetables such as onions, mushrooms or courgettes or some ham.

Ingredients

- 1 mug of macaroni
- 1 tablespoon of butter or margarine
- 1 tablespoon of flour
- 1 mug of milk
- Grated cheese added to taste, at least 1/2 a mug



TOP TIP
Mix with a can of tuna and pop the oven for crispy-topped Tuna e!

1. Put the macaroni in a pot to boil.
2. Melt the butter on a low heat in a new pot. Stir in the flour and keep stirring with a wooden spoon or whisk until the mixture holds together.
3. Add the milk slowly until the sauce starts to thicken. Cook for 5 minutes stirring constantly.
4. Add the grated cheese and stir.
5. Drain macaroni, add to sauce and serve.

V These can be being added or fried with little oil before the thickened

Refill bottles with tap water.
Keep in the fridge for fresh cooled water.
Carry a bottle with you when you are on the go!



Fruit Salad

Have a big bowl of fruit salad in the fridge to have a healthy snack ready at any time. Fruit with a piece of wholemeal toast or cereal is a great start to the day. Go wild and mix 'n' match your favourites!

1. Wash, peel and chop fruit. Mix it into a bowl.
2. Add some fruit juice or a can of fruit in its own juice e.g. mandarins, peach slices. This will keep the salad fresh for longer.

Smoothies

If you fancy a change and have a blender, fling in the fruit and make your own favourite mix. Frozen berries can taste great. Natural yoghurt can smooth the smoothie!

TOP TIPS

- Mix your fruit mixture with fresh Greek yoghurt and brown sugar with muesli of soft fruits - strawberries, blackberries and plain yoghurt for a smooth effect!

WASH YOUR HANDS!
Any bacteria not be cooked get onto the salad will killed - So be





Funky Chicken

Campylobacter is the most common cause of food borne illness in the UK - yet most people have not heard of it.

It is found on raw meat and poultry, pets and farm animals.

If campylobacter gets into your system you could be throwing up and staying near a toilet for days with headaches, nausea and dizziness.

Luckily campylobacter is killed easily by high temperature.

So if you handle meat carefully and cook it well you will keep yourself safe!

Here are a few essentials to keep your chicken funky.

- Defrost frozen chicken in the fridge in a container to catch the drips
- Store raw chicken in the bottom of the fridge to keep cool and to stop juices running onto other foods
- Don't wash chicken! You will only spray bacteria all over the place
- Wash your hands after handling raw chicken
- Use a separate knife, board and cloth for the raw and cooked chicken. Wash after use
- Always follow cooking instructions
- Make sure that the juices run clear and that the chicken meat looks opaque

FACT

DON'T LIVE A LIFE OF

Filthy
Rick

She's gorgeous but I'm so shy

Fancy coming to mine for dinner

Okay!

Mmm! I could eat you

1 Rick takes the plunge....

2

I should've watched my mum....do its insides come out?

Ouch!

cooked chick.....



Oh no I've poisoned my lady!

You okay?



Noooo!

He's dumped

Stay Clean Stay Safe

Stay Clean Stay Safe

15

That evening....

3

!! He's Cross Contaminated!

4

.....and so Rick's



chick was flushed down the pan.....

16



3 days later....

7



8



Too Hot to

Controlling the temperature of your food will stop bacteria growing

A single bacteria can multiply to 1000's in a few hours at room temperature. Keep food chilled in the fridge or hot in your pot to stay safe.

Remember!

- Big pieces of food take longer cook than small ones
- Stir to avoid hot and cold spots in your food, especially when using a microwave
- Check that food is cooked all the way through
- Cool food quickly and put it in the fridge promptly
- You can freeze extra portions

Keep it hot or keep it

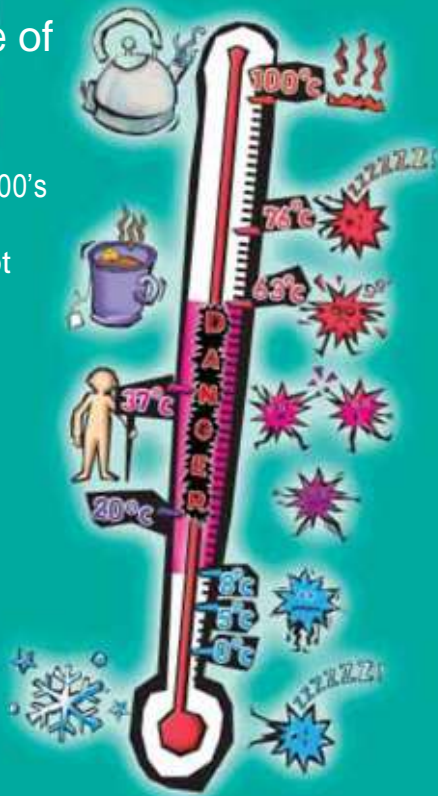
Cross Contamination

Cross contamination is the name for what happens when bacteria are transferred from raw meat or poultry to ready to eat foods like sandwiches and salads.



Bacteria - invisible to the human eye

Use any of these on a ready to eat food and you have **CROSS CONTAMINATED!**



Further Information

SERVICES FOR COMMUNITIES HEALTH IMPROVEMENT UNIT

For further information about food safety, food poisoning, food complaints or further copies of this booklet, contact

Tel: 0131 608 1100 hiu@edinburgh.gov.uk

FOOD STANDARDS AGENCY SCOTLAND

Diet, health, labelling and other food issues

www.food.gov.uk/scotland

EDINBURGH COMMUNITY FOOD INITIATIVE

Support and supply food initiatives and co ops. For further information or to find out where your local food co-op is, contact

Tel: 0131 467 7326 ecfi@madasafish.com

COMMUNITY FOOD AND HEALTH (SCOTLAND)

Supporting local communities and tackling inequalities in health

Tel: 0141 226 5261

www.communityfoodandhealth.org.uk



healthy living

You can order a Healthy Living, Physical Exercise or Weight Management pack or ask for advice.

Tel: 0845 278 8878 www.healthyliving.gov.uk



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