

FOOD



Each serving contains

Energy	Sugar	Fat	Sodium
60 Kcal	6 gram	0.5 gram	30 milligram
*3%	*9%	*1%	*1%

of an adult's guideline daily amount

Figure 2. GDA Labeling

- **Healthy Eating Messages:** what are they and how do they promote healthy eating.
- **Diet:** the consequences of having too much fat and sugar in the diet.
- **Nutrition:** the functions and sources of the different nutrients.
- **Specific diets:** lactose intolerant, CHD, diabetes and celiac disease.
- **Functions** of ingredients in making shortcrust pastry.
- **Short crust pastry:** the method and top tips for achieving successful pastry.
- **Food Safety:** Cross Contamination and high risk foods.
- **Food provenance:** how food is grown and produced.
- **Food cuisine:** the eating patterns of different regions of the world.
- **Sustainability:** to include food miles and carbon footprint.

