

FOOD



Each serving contains			
Energy	Sugar	Fat	Sodium
60	6	0.5	30
Kcal	gram	gram	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.
- **Target groups:** what nutrients do they need in their diet and why do they need them?
- **Planning meals** for different target groups and adapting recipes for specific diets such as Celiac, Vegetarians and Lactose intolerant.
- **Functions** of ingredients in making shortcrust pastry.
- **Shortcrust pastry:** the method and top tips for achieving successful pastry.
- **Food Safety:** Cross Contamination and high risk foods.
- **Sustainability:** the definition

