The Eatwell Guide

This shows the proportions of the types of foods that you need to have a healthy, balanced diet. You don’t have to get the balance right at every meal, but aim to meet the proportions of the Eatwell Guide over a longer period of time like a day or a week.

You’ll see a symbol on the food cards which shows which part of the Guide the food corresponds to.

Visit foodstandards.gov.scot/teachers to find out more about the Eatwell Guide and other educational activities.
Main meals
Wholewheat Bisk and Milk

**Healthy Eating**

It is important to eat breakfast every day. Starchy foods are a good source of energy and nutrients. Wholegrain cereals are a source of fibre. Watch out for added sugar and salt used in some breakfast cereals. Always read the label.

**Cooking**

Breakfast cereals are a quick and easy way to start your day. Try topping with a chopped banana or berries to help you reach your 5-a-day whilst also adding sweetness. Why not heat up your milk on cold mornings?

**Shopper**

Supermarket own brands are often available and these tend to be cheaper. Some people have an allergy to gluten (a protein in wheat). Always read the ingredient list on the label.

**Food Safety**

Store breakfast cereal in original packaging in a cool, dry place or in a sealed container to keep it fresh. Check the use by date on the milk before use.
Store eggs in the fridge and use within the best before date. Before you start preparing food it’s important to make sure worktops, kitchen utensils and chopping boards are clean. Wash your hands with warm, soapy water after handling eggs.

Try not to add extra salt or fats like butter or oil to your eggs. Take care when cooking eggs as they will be hot.

Some people are allergic to eggs and wheat/gluten in bread.

Eggs with Toast

Cooking

Healthy Eating

Food Safety

Shopper

Bacon Roll

Make sure cooked and uncooked meat is stored separately. Keep raw bacon away from ready-to-eat foods. Wash hands, surfaces and equipment with warm, soapy water after handling raw meat.

There are many different cuts of bacon available, varying in price and fat content. Always check the label. Freeze bacon to make the most of special offers.

Trim away the visible fat from the bacon and grill rather than fry.

Bacon can be high in fat and salt. If it is also a processed meat so should be limited to eat less of it. Serve in a wholemeal roll to increase fibre. Add slices of grilled tomato or mushrooms to help towards your 5-a-day.

Some people are allergic to eggs and wheat/gluten in bread.

Try not to add extra salt or fats like butter or oil to your eggs. Take care when cooking eggs as they will be hot.

Poach, boil or scramble your eggs instead of frying to help reduce fat. Serve with wholemeal toast for added fibre and some tomatoes or mushrooms to help towards your 5-a-day.

Cooking Food Safety

Healthy Eating Shopper

Cooking

Healthy Eating Shopper

Eggs with Toast

Cooking

Healthy Eating

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Poach, boil or scramble your eggs instead of frying to help reduce fat. Serve with wholemeal toast for added fibre and some tomatoes or mushrooms to help towards your 5-a-day.
Soup & Roll

Healthy Eating

Use plenty of vegetables to make soup; they all count towards your 5-a-day. Serve the soup with a wholesome roll or bread. Try to eat starchy foods with each meal. Use reduced salt stock cubes when making your own soup or half a stock cube if you don’t have the reduced salt option.

Cooking

Soup can be made using a range of ingredients or whatever you have at home. Add chicken, beef, lentils (or other pulses), potatoes and plenty of vegetables, and cook in one pot for a healthy meal. Try different textures, some soup is blended until it is smooth, while others have chunks. Season soup using black pepper, herbs and spices. Do not use salt.

Shopper

Make a large batch of soup using seasonal vegetables and freeze in batches. Bread rolls can also be frozen and used when needed. A traditional Scottish soup is Leek and Potato - add low fat creme fraiche to keep it healthy.

Food Safety

Store unwashed fruit and vegetables away from ready-to-eat foods. Wash any raw fruit and vegetables thoroughly before chopping to remove any loose dirt or soil. Rubbing soiled vegetables under water, for example in a bowl of fresh water, will help to reduce splashing. Serve soup steaming hot.

Cooking Food Safety

The grill or toaster should not become very hot as it stores, cuts, or reheats food. Avoid using your toaster or oven to reheat food.公司将肉类或鱼类的切割或切片放在冷的砧板上。Cooking Food Safety

Healthy Eating Shopper

Check the use by dates on the ingredients you use in your toasted sandwich. Always wash your hands with warm, soapy water before and after preparing food. If eating out of home, toasted sandwiches should be steaming hot when purchased and should not be reheated. A toasted sandwich can have different fillings. People have different preferences which may be specific to their taste or religious beliefs. It is often cheaper to prepare and cook at home, rather than eating out.

Use a variety of ingredients and fillings when making toasted sandwiches such as chicken, cheese, tuna and ham. Add plenty of vegetables such as tomatoes, peppers, onions or sweetcorn. Be careful when using the grill or toaster as they will become very hot.

Most of us should be eating more starchy foods. Starchy foods are a good source of energy and nutrients. Cheese is high in fat and salt so use low fat cheeses and add vegetables and a side salad for a healthy meal.
Store potatoes in a cool, dark, dry place. Scrub potatoes before baking to remove any soil on the outside. Check the best before date on your tin of tuna before use.

Potatoes are starchy food and the skin on the jacket potato provides fibre. Use tinned tuna in water rather than oil (fat) or brine (salt). If using mayonnaise, choose a reduced fat variety. Serve with a salad or add sweetcorn as a topping, to help towards your 5-a-day.
Beans on Toast

Healthy Eating

Most of us should be eating more starchy foods. Starchy foods are a good source of energy and nutrients. Beans, peas and lentils are good alternatives to meat because they are naturally low in fat, and contain fibre, protein, and vitamins and minerals. Baked beans count towards your 5-a-day, but only once in a day.

Cooking

Try to choose wholemeal varieties of bread when possible. Go for reduced sugar and salt baked beans as a healthier alternative.

Beans on toast is a low cost, tasty meal. Most tinned baked beans are made from haricot beans. There are lots of varieties of tinned beans in the supermarkets and shops - check for own brands which will be cheaper.

Food Safety

Store bread in a cool, dry place and check label for best before date. Store baked beans in a cool place and check label for best before date. Once opened, store beans in a sealed container in the fridge and keep for up to 2 days. Always wash your hands with warm, soapy water before and after preparing food.
Fish Fingers

Healthy Eating

We should try to include two portions of fish a week in our diet. Serve fish fingers with a starchy carbohydrate such as wholemeal toast or homemade potato wedges. Try to add beans or some vegetables to count towards your 5-a-day.

Cooking

Try to grill or oven cook fish fingers rather than frying them as these are healthier cooking methods.

Shopper

Fish fingers can be kept in the freezer so make a quick and easy meal. Keep an eye out for fish fingers rich in healthy oils such as omega 3. You can also buy salmon fish fingers which are a good source of omega 3.

Food Safety

Store fish fingers in the fridge or freezer as soon as possible after shopping. Wash hands well before and after handling fish. Do not allow raw fish to come into contact with ready-to-eat foods. Serve fish fingers steaming hot.

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Roast Chicken Dinner

Healthy Eating

- Remove the skin from chicken as this contains fat. If using ready-made gravy go for low salt options. Check the food label. Always add plenty of vegetables to your plate.

Cooking

- Serve your roast dinner with plenty of vegetables such as peas, carrots or cabbage. Try serving your potatoes boiled or mashed with a little semi skimmed milk.

Food Safety

- Do not wash raw chicken. Keep raw chicken and ready-to-eat foods separate. Always wash hands with warm soapy water after handling raw chicken. Chicken should be cooked thoroughly all the way through and all juices run clear – try using a food thermometer to be sure the chicken is cooked. It should reach 75°C.

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Spaghetti Bolognese

Cooking

- Make your own bolognese sauce using onions, tomatoes, garlic, beef mince, mushrooms and herbs. Add plenty of vegetables helping towards your 5-a-day. We should all base our meals on starchy foods. Try and choose wholemeal pasta as it will help keep you fuller for longer. Use lean mince and dry-fry, avoiding the use of extra oil, as this is a healthier cooking method.

- Alternatively use turkey mince or meat free mince as these are naturally lower in fat than beef mince. Add plenty of vegetables helping towards your 5-a-day.

Healthy Eating

- Spaghetti Bolognese is one of the most popular dishes in the UK. If using prepared jars of sauce check the labels for sugar and salt content. Always try and use lean mince. Freeze leftover bolognese for another time. Remember to label and date the container.

- Store uncooked beef mince in a sealed container on the bottom shelf of the fridge. Ensure that beef mince is thoroughly cooked and that no pinkness remains. Serve spaghetti bolognese steaming hot. Cool any leftovers as quickly as possible (ideally within 2 hours) and reheat throughout cooked and any remaining bits. Keep raw chicken and ready-to-eat foods separate. Always wash hands with warm soapy water after handling raw chicken. Chicken should be cooked thoroughly all the way through and all juices run clear – try using a food thermometer to be sure the chicken is cooked. It should reach 75°C.

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- Alternatively use turkey mince or meat free mince as these are naturally lower in fat than beef mince. Add plenty of vegetables helping towards your 5-a-day.
Curry with Rice

Healthy Eating

Use plenty of vegetables when making a curry and choose lean cuts of meat or try using pulses such as chickpeas and lentils. Choose wholegrain rice to increase fibre intake.

Cooking

Try curries from different countries and experiment with different kinds of vegetables. Some curries use coconut milk, however this tends to be high in fat so try to go for tomato based curries instead or use reduced fat coconut milk.

Shopper

Freeze leftover curry for another time. Remember to label and date the container. There are many different types of curries from different places, each with a different taste and texture. Purchase large bags of rice as these are often cheaper and can be stored until needed.

Food Safety

Cooked rice can be very dangerous if left at room temperature for a long time. It’s best to serve rice when it has just been cooked. If that isn’t possible, cool the rice as quickly as possible within 1-2 hours. Keep it in the fridge for no more than one day and reheat only once. Cool any leftover curry as quickly as possible, store in sealed containers in the fridge and use within two days. Only heat leftovers once.
Macaroni Cheese

**Healthy Eating**

We should all base our meals on starchy foods. Add plenty of vegetables to help towards your 5-a-day. Don’t add too much cheese, and try using lower fat cheese varieties.

**Cooking**

Make your macaroni go further by adding vegetables such as peas, cauliflower, sweetcorn and tomatoes. Use any pasta you have in your cupboard, choosing wholemeal pasta if possible.

**Shopper**

Pasta is a cheap store cupboard ingredient so keep your cupboard stocked.

**Food Safety**

Wash hands well before preparing food. Serve macaroni cheese steaming hot. Cool any leftovers quickly, store in the fridge and use within two days. Reheat only once.

Chickpea Burger

**Healthy Eating**

We should all base our meals on starchy foods. Add plenty of vegetables to help towards your 5-a-day. Don’t add too much cheese, and try using lower fat cheese varieties.

**Cooking**

Some chickpeas are bought in a wholemeal bun with some added vegetables. Serve in a wholemeal bun with a low salt option in the sandwich. Chickpeas are an excellent substitute for meat as they are naturally low in fat and contain fibre, protein, and vitamins and minerals. Chickpeas are a rich source of iron and calcium. Add some salad to your burger to help you reach your 5-a-day.

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**Shopper**

Mash chickpeas together with finely chopped onions.

**Food Safety**

Check the labels on pre-made burgers and choose the lower salt option. If purchasing pre-made burgers, check the use by date on the label.
Fajitas

Healthy Eating

We should all try to base our meals on starchy foods. Try and choose wholemeal wraps as it can help keep us full for longer. Use plenty of vegetables to help towards your 5-a-day.

Cooking

Fajitas can be made with a variety of ingredients including peppers, onions, chickpeas, mushrooms, beans, chicken, steak and prawns. Try to avoid adding too many high fat toppings such as sour cream and cheese. Natural yoghurt is a good alternative to sour cream.

Food Safety

Do not wash raw chicken. Store away from ready-to-eat foods. Always wash your hands with warm soapy water after handling raw chicken and take care not to spread germs between work surfaces, chopping boards and knives. Chicken should be cooked thoroughly all the way through - try using a food thermometer to be sure the chicken is cooked. It should reach 75°C.

Sausage and Mash

Healthy Eating Shopper

Cooking

Store raw sausages on the bottom shelf of the fridge at the right temperature (below 5°C). Check the label for the use by date. Cook sausages thoroughly all the way through ensuring no pink meat remains. Serve sausages and mash steaming hot. You can also check this with a food thermometer, which must reach 75°C.

Bangers and mash, also known as sausages and mash, is a traditional British dish made of mashed potatoes and sausages. It is sometimes served with onion gravy, fried onions, baked beans, or peas. Add vegetables for a healthier option.

Cook food safely to avoid food poisoning. Minimise the risk of food poisoning by using a food thermometer and ensuring food is cooked to the correct temperature.
Apple Crumble

Healthy Eating

Use plenty of apples and other fruits to add sweetness rather than extra sugar. Reduce the sugar used in the crumble and add oats which are a good source of fibre. Serve with low fat and low sugar yoghurt or reduced fat crème fraîche.

Cooking

Crumble topping is made using the rubbing-in method. Try using different spices to add flavour. When making apple crumble ensure there is more fruit than crumble topping.

Food Safety

Store unwashed fruit away from ready-to-eat foods and wash thoroughly before chopping. Serve apple crumble steaming hot.

Shopping

Use apples that are in season. They can be prepared and frozen for use later in the year. Apple crumble can be purchased ready-made. Always compare food labels and costs.

Sugar Free Jelly

Check the best before date on shop bought jelly. Freshly prepared or open jelly should be stored in the fridge and eaten within two days. Cooking Food Safety

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Bananas and Custard

Healthy Eating
Bananas will add sweetness whilst also helping you towards your 5-a-day. Custard tends to be high in sugar and fat so try to choose reduced fat and/low sugar varieties where possible.

Cooking
Custard can be served hot or cold. Try experimenting with other fruit such as cooked apples or rhubarb.

Shopper
You can use dried custard powder or buy already made custard. You can try different fruits such as apples or rhubarb, but these will need cooking.

Food Safety
Check the label for storage instructions. Fresh custard should be stored in the fridge and consumed within two days of opening.

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Drinks
Sugary drinks can be fizzy, energy, sports, cordial and still. They are also bad for your teeth and can cause tooth decay. Think about whether adverts make you choose what you eat and drink – you could discuss this at school and at home.

Healthy Eating

Sugary drinks are one of the main sources of added sugar in our diets. Sugary drinks are not part of a healthy diet. Try swapping them for diet, sugar-free or no added sugar drinks instead for a healthier option. Other healthy alternatives include water and milk.

Cooking

Try water with a slice of fruit and ice for a refreshing drink – it makes a healthy drink swap.

Shopper

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Food Safety

Store in a cool, dry place or in the fridge once opened. Keep any homemade drinks in the fridge. Check the label for best before date.
‘No added sugar’ squash

**Healthy Eating**

Aim to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar free drinks, including unsweetened tea and coffee, all count. If you fancy a change from water no added sugar squash is a good way to add some flavour without adding any sugar to your diet.

**Shopper**

Most squashes are sugar free but always check the label to make sure.

**Cooking**

You just need to add a small amount of squash to your glass of water – this can be still or sparkling. Experiment with different flavours.

**Food Safety**

Check the label for the best before date and storage instructions. Store in a cool, dry place.

Storage instructions on bottle or jar.

Water

Check the label for the best before date and storage instructions. Store in a cool, dry place. Most squashes are sugar free but always check the label to make sure.

You just need to add a small amount of squash to your glass of water – this can be still or sparkling. Experiment with different flavours.

Aim to drink 6-8 glasses of fluid every day. Water, lower fat milk and sugar free drinks, including unsweetened tea and coffee, all count. If you fancy a change from water no added sugar squash is a good way to add some flavour without adding any sugar to your diet.

If using a reusable water bottle, make sure you wash it with warm, soapy water in between uses. Check the storage instructions on bottled water.

Water is a healthy and cheap choice for quenching your thirst at any time. If you don’t like the taste of plain water, try sparkling water or add a slice of lemon or lime. You could also add some no-added-sugar squash.

It’s a good idea to carry a bottle of water with you during the day to keep you hydrated.

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Cooking Food Safety

Healthy Eating Shopper

Water

Food Safety

Cooking

Healthy Eating

Shopper
Fruit and vegetables
Fruit salad

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day choosing from fresh, frozen or tinned. Go for a rainbow of colours in your fruit salad.

Cooking
Use lots of different fruit including those you’ve never tried before.

Shopper
Go for fruit in season which is the time of the year when the fruit grown in your country is harvested and ready to eat; it’s often fresher and cheaper. Tinned and frozen fruit are also good options.

Food Safety
Wash fresh fruit well before eating. Keep unwashed raw fruit away from ready-to-eat foods.

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Different varieties of apples are grown all over the UK. They are harvested in the summer and autumn. Why don’t you try and find out which apples grow near you?

There are two groups of apples – dessert and cooking apples. Dessert apples can be eaten raw. Cooking apples have to be cooked and are used for crumbles or baked whole and stuffed with dried fruit as a dessert.

Healthy Eating Shopper
Wash apples before eating. Keep ready-to-eat fruit away from raw meat and unwashed fruit and vegetables.

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Shopper
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Food Safety
Wash fresh fruit well before eating. Keep unwashed raw fruit away from ready-to-eat foods.
Once opened, tinned pineapple should be put in a sealed container in the fridge and eaten by the best before date. Check that tins are not dented.
Blackberries

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Blackberries can be bought fresh, frozen or tinned. Around 9 blackberries, or a handful, counts as one of your 5-a-day.

Cooking
Add to fruit salads or serve with low fat and low sugar yoghurt. Blackberries are also popularly used in jams and stewed fruit, or added to apple crumble.

Food Safety
Wash blackberries before you eat them. Wash your hands well after touching unwashed fresh fruit and vegetables. This will help to stop germs spreading to foods that are ready to eat.

Rhubarb

Cooking
Remove any loose soil and wash rhubarb stems thoroughly before cooking. Store rhubarb in the fridge. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Healthy Eating
Rhubarb is in season in the UK in late spring. When cooking, cut the stalks into small pieces and stew. Often rhubarb is cooked with sugar, but try to use only a small amount and use berries and spices such as orange juice, marmalade, spices, honey and brown sugar. Use berries and spices to add extra flavour.

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. You can buy rhubarb fresh or in tins. Five chunks of tinned rhubarb, or 2 heaped tablespoons of cooked rhubarb, counts as one of your 5-a-day.

Blackberries grow on small bushes and hedgerows with thorny stems, and can be picked in the UK in the summer and autumn. Blackberries are known as 'brambles' in Scotland.

Wash blackberries before you eat them. Wash your hands well after touching unwashed fresh fruit and vegetables. This will help to stop germs spreading to foods that are ready to eat.
Tomatoes keep best unwashed and out of the fridge. Keep prepared fresh fruit away from raw meat and unwashed fruits and vegetables. Washing chopping boards and knives between uses or using different ones will help to stop germs spreading.

Cooking Food Safety

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Tomatoes can be bought fresh or tinned. One medium tomato or around 7 cherry tomatoes counts as one of your 5-a-day.

Tomatoes are grown as small plant bushes and are in season in the UK in the summer and autumn. There are many varieties including plum, cherry and salad tomatoes.

Tomatoes can be eaten raw or used as an ingredient in many dishes, sauces, salads and drinks. Tomatoes are a key ingredient in pizza toppings and are commonly used in pasta sauces.

Healthy Eating

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. One medium tomato or around 7 cherry tomatoes counts as one of your 5-a-day.

Healthy Eating Shopper

Cooking

Oranges are one of the best known citrus fruits and are rich in vitamin C. Oranges can be eaten whole or split up into segments and added to salad. They can also add colour to sauces and marinades. They can also add flavour to drinks and desserts. The peel is also good for making jams and preserves. When using the peel, be careful not to damage the flesh. Oranges are one of the best known citrus fruits and are rich in vitamin C.

Healthy Eating Shopper

Cooking

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Healthy Eating Shopper

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Keep prepared fresh fruit away from raw meat and unwashed fruit and vegetables to help stop the spread of germs.

Bananas are sweet tasting and are usually eaten raw. They can be eaten whole, or chopped up and added to breakfast cereals or served with low fat and low sugar yoghurt.

Bananas are imported throughout the year from hot countries in Africa and South America. Check the food label to see where it comes from. To ripen bananas faster put them in a sealed container and add another fruit (e.g. an apple or tomato) to speed up the ripening.

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. A slice of melon counts as one of your 5-a-day.

Melon can be eaten as a starter or as a dessert. It can be added as chunks to a fruit salad. Melon can be prepared by cutting it in half, scooping out the seeds and then slicing into chunks. This may be removed before serving. The skin may be removed or left on a slice of melon can be added to a mixed salad. If desired, the skin may be left on a melon, or the seedless variety can be used.

There are many different types of melons, e.g. watermelon, cantaloupe and honeydew. Melons are ripe if they are a little soft when pressed at the opposite end to the stalk.

Keep whole melons at room temperature for the best flavour. Prepared melon must be wrapped and put in the fridge. Keep prepared fresh fruit away from raw meat and unwashed fruit and vegetables to help stop the spread of germs.
Kiwi fruit

**Healthy Eating**
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Two kiwi fruits count as one of your 5-a-day.

**Cooking**
Peel kiwis before eating or cut in half and scoop out with a teaspoon. You can also add to fruit salads or kebabs.

**Shopper**
Kiwi fruit is imported throughout the year. Check the label to see which country the fruit comes from. Firm kiwi fruit ripen in 5-7 days when stored at room temperature. Once a kiwi fruit is ripe, store it in the fridge away from other fruit so they don’t become overripe.

**Food Safety**
Keep prepared fresh fruit away from raw meat and unwashed fruit and vegetables.

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Pear

**Healthy Eating**
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Two medium pears count as one of your 5-a-day.

**Cooking**
Peel pears before eating. Pears may be stored at room temperature until ripe. Once ripe they should be kept in the fridge to prevent them from over ripening too quickly. Keep prepared fresh fruit away from raw meat and unwashed fruit and vegetables.

**Shopper**
Pears grow on medium-sized trees and are in season in the UK in the autumn and winter. Scottish varieties include Perthshire pears.

**Food Safety**
Firm and yellowish pears are in season. Re-rip if you need to.
Grapes

Healthy Eating

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. A handful of grapes counts as one of your 5-a-day.

Grapes

Shopper

Grapes are imported from around the world so are normally available all year round. Check the food label to see where they come from. You can choose from white, red or black grapes. Dried grapes are known as currants, raisins and sultanas.

Cooking

Grapes can be eaten fresh and added to fruit salads or served with low fat and low sugar yoghurt. Most grapes are seedless – check the label to make sure.

Food Safety

Keep grapes for up to a week, unwashed, in a plastic bag in the fridge. Grapes should be washed thoroughly before they are eaten. Keep prepared fresh fruit away from raw meat and unwashed fruit and vegetables.

Food Safety

Fresh grapes will keep for a few days in the fridge. Keep prepared fresh fruit away from raw meat and unwashed fruit and vegetables. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Cooking

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. A handful of grapes counts as one of your 5-a-day.

Healthy Eating

Fresh peppers will keep for a few days in the fridge. Keep prepared fresh fruit away from raw meat and unwashed fruit and vegetables. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Peppers

Peppers are either sweet (bell) or hot (chillies), and come in many colours and sizes. Peppers are imported from around the world so are normally available all year round. Check the food label to see where they come from.

The sweet pepper is mild in taste and can be eaten raw or cooked. Chilli or hot pepper is used for seasoning, especially in curries. Peppers can be served whole (such as stuffed peppers) or sliced/diced for use in stir-fries, salads and stews. Add sliced peppers to salads, sandwiches or pasta. Pepper sticks are also a great snack on the go.

Healthy Eating

Some peppers in the shops may be grown locally from seed bought from garden centres. You can also buy some peppers in jars and salsas. If you do buy these, make sure the jar is not open and the peppers are not cut or damaged. You can eat a mixture of fresh and tinned peppers in salads, stir-fries, dips and salsas.
Cucumbers are often bought in sealed plastic wrap which helps them to last longer and reduces food waste. Cucumbers keep for about a week in the fridge.

Cooking

Cucumbers can be added to yoghurt and served with curry – this is called raita. Cucumbers may be sliced for salads or sandwiches, and cut into sticks for a snack.

Healthy Eating

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Roughly a 5cm (2-inch) piece of a cucumber or 10 slices counts as one of your 5-a-day.

Food Safety

Cucumbers are often bought in sealed plastic wrap which helps them to last longer and reduces food waste. Cucumbers keep for about a week in the fridge. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Cooking

Sweetcorn

Sweetcorn is also known as corn on the cob. It is in season in the UK in August and September. Keep some handy in the cupboard or the freezer.

Food Safety

If served cold, sweetcorn should be boiled for about 10 minutes. You can also use frozen sweetcorn. Sweetcorn can be cooked easily on the cob by boiling. Rinse with water before use. Keep ready-to-eat.

Cooking

Healthy Eating

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Roughly a 5cm (2-inch) piece of a cucumber or 10 slices counts as one of your 5-a-day.
**Dried apricots**

**Healthy Eating**
Fruit and vegetables contain important vitamins, minerals and fibre. A small handful of dried apricots counts as one of your 5-a-day. It is important to remember that dried fruit is high in sugar, so avoid eating between meals or more than once a day to help avoid tooth decay.

**Cooking**
Dried apricots can be added to low fat, low sugar yoghurt or breakfast cereals. They can also be added to couscous, salad and curry dishes.

**Shopper**
Shops and supermarkets have own brand versions available. Compare the label and cost.

**Food Safety**
Store in a cool, dry place and keep in an airtight bag when opened. Check the storage instructions and best before date on the food label.

**Carrots**

**Cooking Food Safety**
Food soaked in a microwave for a short time in a sealed plate can be cooked in a microwave oven's steam pot. carrots can be cut into bite-sized pieces and steamed in a steamer. Some carrots should be washed and peeled or chopped.

**Cooking**
Carrots store well in a cool place such as the fridge. Keep ready-to-eat carrots away from raw meat or unwashed vegetables. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

**Healthy Eating Shopper**
Carrots are in season in the UK in the summer and autumn and are widely available all year round. Carrots are a source in the UK in the summer and autumn but are readily available all year round.

**Shopper**
Mums and kids. Aim to eat at least five portions of fruit and vegetables each day. Carrots can be bought fresh, frozen or tinned. Three heaped tablespoons of sliced carrots counts as one of your 5-a-day.
Turnips

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Turnips can be bought fresh and frozen. Eighty grams or 3 heaped tablespoons of cooked turnip counts as one of your 5-a-day.

Cooking
Wash and scrub turnips before cooking. Small turnips can be cooked whole. Older and larger turnips can be cut into chunks and boiled or added to soups and stews.

Food Safety
Remove loose soil and wash turnips before use. Keep unwashed vegetables separate from ready-to-eat foods. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Broccoli

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Broccoli is available fresh and frozen. Eighty grams, eight florets of broccoli counts as one of your 5-a-day.

Cooking
Broccoli can be boiled, steamed or made into a soup. There are different types of broccoli e.g. purple sprouting, calabrese and green broccoli. Broccoli is in season in the UK in the spring and summer.

Shopper

Broccoli is imported from other countries at other times of the year. Check the food label to see where it comes from.

Food Safety
Wash broccoli before use. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Broccoli is imported from other countries at other times of the year. Check the food label to see where it comes from.
Green beans

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Choose from fresh, frozen or tinned green beans. Eighty grams or four heaped table spoons of green beans counts as one of your 5-a-day.

Cooking
Wash, top and tail green beans before boiling, steaming or stir-frying. Green beans can be served as a side dish, used in salads, stir-fries or added to risottos and rice dishes.

Shopper
There are many varieties of beans, including runner, French and haricot. Green beans are in season in the UK in the summer. They are available at other times and are imported from other countries. Check the food label to see where they come from.

Food Safety
Keep unwashed vegetables separate from ready-to-eat foods. Wash green beans before use. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Avocados

Food Safety

Cooking

Healthy Eating Shopper

Avocados are a ready-to-eat food. Prepare them away from raw meat and unwashed fruit and vegetables to stop germs spreading.

Avocados are imported throughout the year. Check the label to see where it comes from. Unripe or green avocados can take four or five days to ripen at room temperature. The avocado is ripe when it gives when squeezed or feels soft. The flesh is cream to light green in colour. Once cut, avocados go brown quickly so brush with lemon juice to stop this happening.

Avocados are served raw. Cut them in half, remove the stone and peel. The flesh can then be sliced, diced or mashed for use in salads, sauces, dips and mousses.

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Half an avocado counts as one of your 5-a-day.
Butternut squash is in season in the UK in the autumn. It is available at other times of the year as well and is imported from other countries. Check the food label to see where it comes from.

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Eighty grams or 3 heaped tablespoons of diced and cooked butternut squash counts as one of your 5-a-day.

To prepare butternut squash, carefully remove the hard peel, scoop out the seeds and then cube/slice the flesh. The flesh can be boiled, baked or roasted. It can be pureed for soups or mashed and used in casseroles, breads and muffins.

Keep unwashed vegetables separate from ready-to-eat foods. Wash butternut squash before use. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Food Safety

Parsnips

Healthy Eating

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Eighty grams or one medium parsnip counts as one of your 5-a-day.

Parsnips are in season in the UK in the winter. Keep some frozen vegetables in the freezer so you can use them fresh when vegetables are not in season. Parsnips should be washed if young and tender or scrubbed if old and woody. Parsnips can be eaten raw, such as grated in salads, but are often cooked, e.g. roasted, boiled or added to soups and stews.

Shopper

To prepare parsnips, remove the skin and wash them. Parsnips can be cooked in a similar way to butternut squash, but are often roasted or boiled. You can buy parsnips whole and frozen. Eighty grams or one medium parsnip counts as one of your 5-a-day.
Cauliflower

Healthy Eating

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Cauliflower can be bought fresh or frozen. Eighty grams or 8 florets of cauliflower counts as one of your 5-a-day.

Cooking

Cauliflower can be roasted, boiled, steamed or eaten raw. The florets should be broken into similar sized pieces so they are cooked evenly.

Food Safety

Keep in the fridge. Keep unwashed vegetables separate from ready-to-eat foods. Wash cauliflower before use. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Cabbage

Healthy Eating

Cabbage comes in lots of different shapes, sizes and colours - green, Savoy, red and Brussels sprouts. Cabbages come in lots of different shapes, sizes and colours - green, Savoy, red and Brussels sprouts.

Cooking

Chinese cabbage, such as pak-choi, can be stir-fried. Brussels sprouts and broccoli can be steamed or boiled. Hard cabbages are good for grating and making coleslaw.

Shopper

Choose cabbages fresh or in jars. Choose fresh or in jars. Choose fresh or in jars.

Choose fresh or in jars. Choose fresh or in jars. Choose fresh or in jars.
Courgettes

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Half a large courgette counts as one of your 5-a-day.

Cooking
Courgettes do not need peeling. They can be sliced or diced and used in lots of dishes, e.g. soups, curries, ratatouille. They can be eaten raw, grilled, steamed, baked or stir-fried.

Food Safety
Keep in the fridge in the vegetable drawer. Wash before use. Keep raw and unwashed vegetables away from ready-to-eat foods. Wash chopping boards and knives between use or use different ones. This will help stop germs from spreading.

Keep in the fridge in the vegetable drawer. Wash before use. Keep raw and unwashed vegetables away from ready-to-eat foods. Wash chopping boards and knives between use or use different ones. This will help stop germs from spreading.

Cooking Food Safety
Healthy Eating Shopper

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Half a large courgette counts as one of your 5-a-day.

Cooking

Garden peas are harvested in the UK from early summer to autumn. They are picked, podded and frozen very quickly to ensure they are sweet and tender. Garden peas are now cultivated in the UK from early summer to autumn. They are picked, podded and frozen very quickly to ensure they are sweet and tender.

Healthy Eating Shopper

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of fruit and vegetables each day. You can buy fresh, frozen or tinned peas. Three heaped tablespoons of peas counts as one of your 5-a-day.

Cooking

Frozen peas can be defrosted or heated straight from the freezer. They have added salt and seasonings. Review the food label to see where they come from.

Healthy Eating Shopper

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of fruit and vegetables each day. You can buy fresh, frozen or tinned peas. Three heaped tablespoons of peas counts as one of your 5-a-day.
Lettuce is in season in the UK in the summer. They are available at other times of the year as well and are imported from other countries. Check the food label to see where it comes from. There are lots of different types of lettuce that all have different tastes, e.g. iceberg, little gem and rocket.

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. One dessert bowl of lettuce counts as one of your 5-a-day.

Cooking
There are lots of different types of lettuces that have different tastes, colours and shaped leaves. Use them in salads, sandwiches, wraps and rolls. If adding a dressing, try to use only a small amount and choose one which is, lower fat, salt and sugar.

Food Safety
Store lettuce in the fridge. Wash thoroughly before use. Keep prepared lettuce away from raw meat and unwashed fruit and vegetables and eat before the use by date. Wash chopping boards and knives between uses or use different ones. This will help stop germs from spreading.
Wipe or wash mushrooms under cold water before use to remove dirt. Keep raw and unwashed vegetables away from ready-to-eat foods. Wash chopping boards and knives between uses or use different ones. This will help stop germs from spreading.

Different types of mushrooms can be grown throughout the year. They grow from spawn just below the surface of the soil, and are in season in the UK in the autumn.

Mushrooms can be used in lots of dishes including pasta sauces, risottos, stews, curries and stir-fries.

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Mushrooms can be bought fresh, frozen, tinned or dried. About 3 heaped tablespoons of mushrooms count as one of your 5-a-day.

Wash aubergines before use. Keep unwashed vegetables away from ready-to-eat foods. Wash chopping boards and knives between uses or use different ones. This will help stop germs from spreading.

Aubergines are in season in the UK in the summer. They are available all year round. Check the food label to see where it comes from.

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day.
Beetroot

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Beetroot can be bought fresh, pre-cooked or in jars. Three ‘baby’ whole, or 7 slices of beetroot counts as one of your 5-a-day.

Cooking
Beetroot are sweet and brightly coloured. They can be boiled or baked, or used in salads and soups. Pickled beetroot is a traditional accompaniment to Scottish stovies.

Food Safety
Clean fresh beetroot well to remove any dirt. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading. Keep raw and unwashed vegetables away from ready-to-eat foods.

Asparagus

Cooking
Store asparagus in a plastic bag in the fridge. Wash before use. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Asparagus is available fresh, frozen or in jars. Around 7 spears of asparagus counts as one of your 5-a-day.

Shopper
Asparagus is in season for a short time in the UK in the spring, but it is also imported from other countries.

Asparagus can be poached, steamed, grilled or microwaved. It can be used in soups or served as a side dish.

Asparagus is a type of green asparagus, which is a type of wild asparagus. It is a variety of wild asparagus that is commercially grown. Asparagus is an important vegetable in the diet of many cultures around the world.

Asparagus is a rich source of vitamins, minerals and fibre. It is also a good source of protein and antioxidants.
Spinach

**Healthy Eating**
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. You can buy fresh or frozen spinach. One dessert bowl of raw or 4 heaped tablespoons of cooked spinach counts as one of your 5-a-day.

**Cooking**
Spinach can be eaten raw, in salads, cooked and eaten on its own as a vegetable or added to dishes such as curry or ravioli.

**Shopper**
Spinach is in season in the UK in the spring and summer.

**Food Safety**
Check the label for storage instructions and the use by date. Wash thoroughly before use. Keep ready-to-eat foods away from raw meat and unwashed fruit and vegetables. This will help stop germs from spreading.
Tinned tomatoes

**Healthy Eating**

Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Chopped tomatoes can be bought in tins or cartons. Half a tin of chopped tomatoes counts as one of your 5-a-day.

**Shopper**

There are many different brands of chopped tomatoes available. Shops and supermarkets often have their own brands which are cheaper. Always compare prices.

**Cooking**

Chopped tomatoes are good to keep in your store cupboard. They are used in lots of different dishes such as soups, curries, pasta sauces, stews and meat dishes.

**Food Safety**

Store in a cool, dry place. After opening, remove from the tin and store in a sealed container in the fridge. Always check the label and follow any storage instructions. Check that tins are not damaged.
Onion

Healthy Eating
Fruit and vegetables contain important vitamins, minerals and fibre. Aim to eat at least five portions of a mixture of fruit and vegetables each day. Onions can be bought fresh, frozen or pickled. One medium onion counts as one of your 5-a-day.

Cooking
Onions can be added raw to salads or used to make soups, curries, pasta sauces, stews and meat dishes.

Food Safety
Store onions in a cool, dry place. Keep unwashed vegetables separate from ready-to-eat foods. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Raisins

Cooking
Store in a cool, dry place. Check the label for storage instructions and best before date.

Healthy Eating
Raisins are dried grapes. Raisins are produced in many regions of the world and may be eaten raw, cooked or used in cooking. Such as adding to low fat, low sugar yoghurt or breakfast cereals.

Shopper
A small handful of dried raisins counts as one of your 5-a-day. It is important to remember that they are high in sugar, so avoid eating between meals or more than once a day to help avoid tooth decay.
Dairy and alternatives
**Spreading cheese**

*Healthy Eating*  
Spreading cheese is a good source of protein. It also has calcium which helps keep our bones strong. However, it can be high in fat, saturated fat, and salt. Try choosing lower fat or light varieties or use smaller amounts of the full fat spreading cheese for a healthier option.

*Cooking*  
Spreading cheese can be used in a number of ways such as on crackers or in sandwiches. Use lower fat spreading cheese as a dip and serve with vegetable sticks.

*Shopper*  
Spreading cheese is made from cheese mixed with other ingredients. Check the front of pack nutrition label to help you make the healthiest choice. You can buy dairy free cheese spreads that can be used in cooking or dips.

*Food Safety*  
Follow the storage instructions on the label. Store spreading cheese in the fridge to make sure it is safe to eat. Always check the use by or best before date on the label.
Milk

Healthy Eating

Milk contains protein and vitamins which we need for a healthy diet. It also has calcium in it which keeps our bones strong. Try to have some milk and low-fat dairy foods in your diet every day. There are many different types of milk. Try to choose milk with a lower fat content such as semi-skimmed milk, 1% fat milk or skimmed milk.

Cooking

Milk can be used in a variety of ways. It can be added to cereal at breakfast time and added to tea or coffee. Milk can also be used in soups, sauces and desserts.

Food Safety

Keep milk in the fridge to make sure it is safe to drink and keep your fridge at the right temperature (below 5°C). Always check the use by date on the label.

Cheddar cheese

Shopper

Most of the milk in the UK is from dairy cows. Milk from other animals is also available, such as goats and sheep. Some people are allergic to milk. Soya drinks and other non-dairy drinks like rice milk are other options.

Cooking

Cheese is made throughout the UK, in Scotland. Throughout it can be found in its different recipes: Cheddar cheese is used in sandwiches, wraps, on crackers as well as in many different recipes such as sauces and pasta dishes. Cheddar cheese is a good source of protein. It also has calcium which helps keep our bones strong. However, it can be high in salt, so use smaller amounts for a healthier option.
Yoghurt

**Healthy Eating**

Yoghurt is a good source of protein. It also has calcium which helps keep our bones strong. However it can be high in fat and sugar. Try choosing low fat or low sugar yoghurts for a healthier option.

**Cooking**

Yoghurt is great eaten at breakfast with cereals and/or fruit. Try low fat and low sugar yoghurt with fruit to cut down on added sugar found in some flavoured varieties. Use natural yoghurt instead of cream as it has a much lower fat content.

**Shopper**

Yoghurt is made using fermented milk. It is sold in many different sizes, flavours and varieties. Check the front of pack nutrition label to help you make the healthiest choice. Some people have an allergy to milk. There are non-dairy yoghurts available.

**Food Safety**

Store yoghurt in the fridge to make sure it is safe to eat. Keep your fridge at the right temperature (below 5°C). Always check the use by date and other storage instructions on the food label.

Mozzarella

**Cooking**

Mozzarella can be black and served with tomatoes

**Healthy Eating**

Mozzarella is a good source of protein. It also has calcium which helps keep our bones strong. However it can be high in fat and saturated fat. Try choosing lower fat or light cheese for a healthier option.

**Food Safety**

It can also be used in pasta dishes.
Soya milk

Healthy Eating
Soya milk is an alternative to cow’s milk. Soya milk has less calcium than cow’s milk so it often has calcium and other vitamins added to it. Try to choose lower fat soya milk such as ‘light’ versions.

Cooking
Soya milk can be added to cereal, tea or coffee, or you can have a glass of soya milk. Soya milk can also be used in soups, sauces and desserts. Make sure you choose unsweetened soya milk for use in savoury recipes.

Shopper
Soy or soya milk originates from China and is made by soaking soybeans and crushing them in water. It is available to buy in supermarkets.

Food Safety
Store fresh soya milk in the fridge and check the use by date to make sure it is safe to drink. Heat treated soya milk may be stored at room temperature until opened. Once opened, store in the fridge at the right temperature (below 5°C). Check the food label for storage instructions.

Soya milk is an alternative to cow’s milk. Soya milk has less calcium than cow’s milk so it often has calcium and other vitamins added to it. Try to choose lower fat soya milk such as ‘light’ versions.
Food high in fat, salt or sugar
Butter

**Healthy Eating**
Butter is high in saturated fat so we should not eat it very often and only in small amounts. Replacing butter with unsaturated lower fat or ‘light’ spreads is a good way to reduce the amount of saturated fat we eat.

**Cooking**
Butter is used in cooking and baking, however in most recipes it can be swapped with an unsaturated spread.

**Shopper**
Butter is made from milk. While cow’s milk is the most common, butter can also be made from sheep and goat’s milk. Some people have an allergy to milk. Check the food label. Non-dairy spreads are available.

**Food Safety**
Keep butter in its original container or wrapped and stored in the fridge and use by the date shown on the label. Butter is a ready-to-eat food so keep it away from raw meat and unwashed fruit and vegetables to help stop germs spreading.

Cream

**Cooking**
Cream can be used to make sauces, soups and desserts. Cream is used to make sauces, soups and desserts.

**Healthy Eating**
Cream is high in calories and saturated fat so we should not eat it very often and only in small amounts. Low fat natural yoghurt is a good healthier alternative to cream.

**Shopper**
Goat’s milk cream is a replacement for people who are intolerant or allergic to cow’s milk. There are many different types of cream in the shops and all are labelled as either single, double or sour cream. These are different thicknesses and consistencies which have different uses in cooking. They have different fat contents which have different uses in cooking. They have different fat contents.
Ice cream

Healthy Eating
Ice cream can be high in calories, fats and sugars so we should not eat it very often and only in small amounts.

Cooking
A healthy swap is low fat and low sugar yoghurt topped with fruit.

Shopper
If you are buying ice cream, check the front of pack nutrition label to help you make the best choice.

Food Safety
Keep ice cream in the freezer and always check the use by date.

Crisps

Cooking

Food Safety

Healthy Eating Shopper
Confectionery

Healthy Eating
Confectionery like chocolate and sweets are high in calories, fats and sugars so we should not eat them very often and only in small amounts. If you do choose to eat these types of foods, go for smaller sizes, like treat size.

Shopper
If you have an allergy, always check the ingredients list e.g. added nuts.

Cooking
Try swapping for healthier snacks like pieces of fruit, toast and lower fat spread or a bowl of low sugar breakfast cereal.

Food Safety
Store in a cool, dry place; keep bag sealed or wrap well. Check the best before date.

Food Safety
Confectionery like chocolate and sweets are high in calories, fats and sugars so we should not eat them very often and only in small amounts. If you do choose to eat these types of foods, go for smaller sizes, like treat size.

Cooking
Try swapping for healthier snacks like pieces of fruit, toast and lower fat spread or a bowl of low sugar breakfast cereal.

Shopper
If you have an allergy, always check the ingredients list e.g. added nuts.

Healthy Eating
Confectionery like chocolate and sweets are high in calories, fats and sugars so we should not eat them very often and only in small amounts. If you do choose to eat these types of foods, go for smaller sizes, like treat size.
**Biscuits**

**Healthy Eating**
Biscuits can be high in calories, fats and sugars so we should not eat them very often and only in small amounts. Try swapping for healthier snacks like pieces of fruit, toast and lower fat spread or a bowl of low sugar breakfast cereal.

**Cooking**
If you are baking biscuits, look at ways to reduce the portion size and the amount of sugar and fat you use. Try replacing sugar with dried fruit and oats to increase the fibre content.

**Shopper**
If you are buying biscuits, check the front of pack nutrition label to help you make the best choice.

**Food Safety**
Store packets in a cool, dry place. Once opened, store in a sealed container for freshness. Check the best before date. If you are baking make sure you clean your worktop before you start and use clean utensils.

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**Cooking**

**Healthy Eating**
Honey is often used in drinks, baking and marinades. It is high in sugar so we should not eat it very often and only in small amounts. Try swapping for healthier snacks like pieces of fruit, toast and lower fat spread or a bowl of low sugar breakfast cereal.

Per teaspoon, honey contains more sugar than a teaspoon of granulated sugar. Honey is made by bees by collecting the nectar from flowers. There are many different varieties available.

**Food Safety**
Store honey in a cool, dry place. Check the best before date. If honey is stored in drinks, baking and marinades it can become contaminated with wild moulds.

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**Healthy Eating**
Honey is often used in drinks, baking and marinades. It is high in sugar so we should not eat it very often and only in small amounts. Try swapping for healthier snacks like pieces of fruit, toast and lower fat spread or a bowl of low sugar breakfast cereal.

Per teaspoon, honey contains more sugar than a teaspoon of granulated sugar. Honey is made by bees by collecting the nectar from flowers. There are many different varieties available.

**Food Safety**
Store honey in a cool, dry place. Check the best before date. If honey is stored in drinks, baking and marinades it can become contaminated with wild moulds.
# Ketchup

## Healthy Eating
Ketchups, other sauces and condiments can be high in sugars and salts, so we should not eat them very often and only in small amounts.

## Shopper
If you are buying ketchup, look out for reduced sugar and/or salt options. Check the front of pack nutrition label to help you make the best choice.

## Cooking
Ketchup is often used to make marinades, add flavour to savoury dishes or as an accompaniment to meals. Most of us should aim to reduce the amount of sauces that we add to our food.

## Food Safety
Check the label for storage instructions. Once opened, keep in the fridge and use before the best before date.
Beans, pulses, fish, meat, eggs and other proteins
Mackerel

**Healthy Eating**

Mackerel is an oil rich fish and provides omega 3 fatty acids which are important for a healthy heart. Aim for at least two portions of fish a week, including a portion of oil rich fish like mackerel. One portion of fish is around 140g.

**Shopper**

Mackerel are in season in July. When you buy fresh mackerel, check for a firm and shiny body with clear, bright eyes. You can also buy tinned or smoked mackerel. While it’s good to eat oil rich fish, smoked mackerel is high in salt so you should try to choose lower salt options.

**Cooking**

Mackerel can be used in many different dishes, including pasta, salads, curries or simply served alongside vegetables and potatoes, rice or couscous.

**Food Safety**

Store in original packaging or in a sealed container. Check the best before or use by date and other storage instruction on the food label. Put fish in the fridge or freezer as soon as possible after shopping. Wash hands thoroughly before and after handling fish.

Lentils

**Healthy Eating**

Lentils can be used in a range of dishes, for example, soups or mixed into a filling for stuffed peppers. They are a good source of protein and are low in fat. They are also a good source of fibre, vitamins and minerals.

**Cooking**

Store dried lentils in a sealed pack or airtight container in a cool, dry place. Remember to check the best before date. When you buy lentils, check the best before date on the pack or container.

**Shopper**

Lentils are available in a variety of colours, such as red, green and brown. You can buy them dried or in tins.
Baked beans

**Healthy Eating**
Beans, peas and lentils are good alternatives to meat. This is because they are low in fat, and contain fibre, protein, and vitamins and minerals. Baked beans count towards your 5-a-day, but only once in a day.

**Cooking**
Baked beans are a good option to have on the side of your main meal, you can also add them to meat dishes to make them go further.

**Shopper**
Remember to check the front of pack nutrition information and choose varieties that are low (or green) for sugars and salt.

**Food Safety**
Store baked beans in a cool, dry place. Once opened, the contents should be removed from the tin and stored in a sealed container in the fridge. Always check the label for the best before date and follow any storage instructions. Check that tins are not damaged.
Store raw meat in a sealed container on the bottom shelf of the fridge. Make sure hands, work surfaces and equipment are thoroughly cleaned after handling raw meat. It is best to keep a separate chopping board for raw meat and clean this regularly in hot, soapy water.

Rump steak

Healthy Eating
Steak is a good source of protein and contains vitamins and minerals. Too much red and processed meat can be bad for us so try not to eat it too often. Choose leaner cuts of meat, and trim away any visible fat.

Cooking
Beef can be used in stews, curries or simply served with vegetables and starchy carbohydrates such as potatoes. Cheaper cuts of steak, like stewing steak, are good when cooked on a low heat for a longer time. Cook your steak using healthier cooking methods like grilling, and try not to add too much oil while cooking.

Food Safety
Get your hands on Scottish beef. Check the labels for information on traceability to help you see where your food comes from. Some people do not eat meat due to their beliefs or religion.

Shopper

Chicken

Food Safety
Get your hands on Scottish beef. Check the labels for information on traceability to help you see where your food comes from. Some people do not eat meat due to their beliefs or religion.

Shopper

Healthy Eating
Chicken is a useful ingredient – you can make chicken stir-fries, curries or kebabs - chicken breast and thigh meat both work well. You can also make a roast chicken dinner, which is a great way to use up leftovers from a whole chicken.

Cooking
Chicken is a good source of protein and contains vitamins and minerals. Cut off fat you can see and remove the skin from chicken before cooking.

Healthy Eating
Chicken is a useful ingredient – you can make chicken stir-fries, curries or kebabs - chicken breast and thigh meat both work well. You can also make a roast chicken dinner, which is a great way to use up leftovers from a whole chicken.

Cooking
Chicken is a good source of protein and contains vitamins and minerals. Cut off fat you can see and remove the skin from chicken before cooking.
Store raw meat, such as bacon, in a sealed container on the bottom shelf of the fridge and eat before the use by date. Keep raw meat away from ready-to-eat foods. Wash hands thoroughly after handling raw meat.

Bacon can be used in a variety of dishes, such as omelettes, frittatas, pasta dishes and sandwiches. Remember, you only need to use a small amount to get a lot of flavour.

Bacon is made by curing meat using salt, and some varieties are also smoked so can be high in salt. Check the front of pack nutrition label to help you choose bacon that is lower in fat and salt.

Too much red and processed meat can be bad for us so try not to eat it too often. Try eating leaner cuts of bacon and trim away any fat before grilling.
Sausages

**Healthy Eating**
Too much red and processed meat can be bad for us so try not to eat it too often. Choose sausages that are lower in fat and salt.

**Cooking**
Sausages are a relatively inexpensive meat dish and can be used in pasta dishes, casseroles, pies and sandwiches. Grill rather than fry sausages as this is a healthier cooking method.

**Shopper**
Most countries around the world have their own national and regional specialty sausages e.g. Lorne sausages from Scotland. You can also get different types of meat in sausages, including beef, pork, chicken and turkey and you can even buy meat free sausages. Check the labels and choose the option that is lowest in fat, saturated fat and salt.

**Food Safety**
Store raw meat, such as sausages, in a sealed container on the bottom shelf of the fridge and eat before the use by date. Keep raw meat away from ready-to-eat foods. Ensure sausages are cooked all the way through with no pink meat visible and juices running clear. The core temperature should reach 75°C – check with a food thermometer.

Tuna (tinned and fresh)

Store tins in a cool, dry place. Once opened, store out of the tin in a covered container in the fridge and eat within 2 days. Fresh tuna should be kept in the原始包装 or in a suitable leak-free container on the bottom shelf of the fridge. Eat by the use by date shown on label. Wash hands thoroughly before and after handling fish.

**Healthy Eating**
Try to eat at least two portions of fish a week, including a portion of oil rich fish. One portion of fish is around 140g. Although fresh tuna is an oil rich fish, tinned tuna does not count because the oils are removed during the canning process. Choose tinned tuna in water rather than brine (which has salt) or oil.

**Cooking**
Tuna fish is available to buy fresh, frozen and in tins. Supermarkets own brands tend to be cheaper – compare the prices.

**Shopper**
Tuna has a firm, meaty flesh with a rich strong flavour and can be used in lots of dishes. Fresh tuna is sold as steaks that can dry out quickly so it is usually cooked quick. Choose a tin of tuna that is unopened and can be used in this state. Fresh tuna is best to eat at home where you can keep it in the fridge for 1-2 days after opening the tin.

**Food Safety**
Quickly microwave or cook in a saucepan until cooked through. Most countries around the world have their own national and regional speciality sausages e.g. Lorne sausages from Scotland. You can also get different types of meat in sausages, including beef, pork, chicken and turkey and you can even buy me٣e free sausages. Check the labels and choose the option that is lowest in fat, saturated fat and salt.

Cooked rather than raw fish is generally a healthier option. Tuna is a good source of protein, iron, calcium, vitamins A and D. However, seafood can cause food allergies and some people may have problems with parasites in raw fish.
**Cod**

**Healthy Eating**
Try to eat at least two portions of fish a week, including a portion of oil rich fish. One portion of fish is around 140g. Cod is a white fish.

**Cooking**
Poach or bake cod, and avoid adding too much extra fat or salt while cooking. Use cod to make soups, stews and risottos.

**Shopper**
There are lots of different white fish available today. Try different species, such as coley, haddock and plaice. Fish is available fresh, frozen and tinned.

**Food Safety**
Fresh cod should be kept in the original packaging or in a suitable leak-free container on the bottom shelf of the fridge. Eat by the use by date shown on label. Wash hands before and after handling fish.

**Salmon**

**Healthy Eating**
Try to eat at least two portions of fish a week, including a portion of oil rich fish like salmon. One portion of fish is around 140g.

**Cooking**
Salmon can be poached, smoked, baked, pan-fried and grilled. When cooking salmon fillets with the skin on, make sure the scales are removed. Check for any pin bones before cooking.

**Food Safety**
Fresh salmon should be kept in the original packaging or in a suitable leak-free container on the bottom shelf of the fridge. Eat by the use by date shown on label. Salmon is an oil rich fish and provides omega 3 fatty acids which are important for a healthy heart.
Kidney beans

**Healthy Eating**
Beans, peas and lentils are good alternatives to meat. This is because they are low in fat and contain fibre, protein, and vitamins and minerals. Kidney beans count towards your 5-a-day, but only once in a day.

If you are choosing tinned kidney beans go for those in water rather than brine or sauce.

**Cooking**
Beans like kidney beans can be used to make mixed bean salads, bean burritos and spicy bean burgers. They can also replace some or all of the meat in dishes like chilli con carne.

**Shopper**
It is often cheaper to cook more portions than you need. For example, cook a double recipe of chilli con carne and freeze the leftovers for another time (remember to label and date).

**Food Safety**
Store in a cool, dry place. Once opened, remove from the tin and store in a suitable sealed container in the fridge. Eat within 2 days. Check that tins are not damaged. Dried kidney beans must be soaked and boiled to destroy any toxins present in the skin. If extra portions are cooked, make sure they are cooled as quickly as possible and then chilled or frozen within two hours.

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Mixed nuts

**Healthy Eating**
Nuts can be added to recipes, including savoury dishes.

**Cooking**
Nuts have a long shelf life and can be stored at room temperature in an airtight container. Store nuts in a cool, dry place. Check the label for the best before or use by date and follow any storage instructions.

This can be added to recipes, including savoury dishes.

**Shopper**
Nuts can be added to recipes, including savoury dishes.

**Food Safety**
Cooking Food Safety

Beef mince

**Healthy Eating**
Beef mince is a good source of protein and contains vitamins and minerals. Too much red and processed meat can be bad for us so try not to eat it too often.

**Shopper**
Try using smaller quantities of meat in dishes and more vegetables, pulses and starchy foods. Reduce the meat in casseroles and stews but add extra peas, beans and other vegetables. Freeze leftovers for another time – remember to label and date.

**Cooking**
Use beef mince to make dishes like cottage pie, spaghetti bolognese, chilli con carne or homemade burgers. Choose leaner varieties, like extra lean mince beef or turkey mince as a lower fat swap. You can also replace some or all of the mince with beans or pulses like lentils.

**Food Safety**
Raw mince should be stored in original packaging or in a leak-free container on the bottom shelf of the fridge. Keep raw mince away from ready-to-eat foods. Wash worktops, utensils and chopping boards regularly to help stop germs from spreading. Mince should be cooked thoroughly until steaming hot with no pink meat showing to prevent food poisoning. Eat before the use by date shown on label.

Lamb chop

**Healthy Eating**
Lamb is a good source of protein and contains vitamins and minerals. Try to eat lamb in moderation as too much red and processed meat can be bad for us so try not to eat it too often. Try to cut away any visible fat and cook using healthier methods like grilling or roasting.

**Cooking**
Lamb should be stored in the original packaging or a leak-free container on the bottom shelf of the fridge. Eat by the use by date shown on the label. Keep raw meat away from ready-to-eat foods. Ensure lamb chops are cooked all the way through with no pink meat showing and juices running clear. A food thermometer can be used to see if the meat is cooked through and not simmering. If cooking lamb chops, ensure all meat is cooked all the way through. Lamb chops should be cooked all the way through.

**Shopper**
If buying pre-packed meat, check the nutrition label to see how much protein, fat and carbs are in your dish.

**Food Safety**
Lamb chops should be stored in the original packaging or in a leak-free container on the bottom shelf of the fridge. Keep raw meat away from ready-to-eat foods. Wash worktops, utensils and chopping boards regularly to help stop germs from spreading. Mince should be cooked thoroughly until steaming hot with no pink meat showing to prevent food poisoning. Eat before the use by date shown on label.
Soya or meat free mince

Healthy Eating
Soya mince or meat free mince is a good source of protein. Soya mince and other meat free products are great swaps for meat and can be much lower in fat and saturated fat.

Shopper
Find meat substitutes like soya mince in the vegetarian and frozen sections of most supermarkets, but you don’t have to be a vegetarian to eat them. You can also buy meat free chicken style pieces and meat free sausages and ham.

Cooking
Soya mince can be used to make cottage pies, bolognese and chilli con carne.

Food Safety
Check the label for storage instructions and use by date. Keep away from raw meat and unwashed fruit and vegetables. Wash chopping boards and knives between uses or use different ones. This will help to stop germs spreading.

Chickpeas

Healthy Eating

Cooking

Food Safety

Shopper
Ingredients
Chives

**Healthy Eating**
Chives can be used as a flavouring to help reduce the amount of salt used in a recipe.

**Shopper**
Chives are native to Europe and a member of the onion family. Chives can be grown at home or at school and used when required.

**Cooking**
Chives can be easily cut using kitchen scissors. They are delicious when chopped up finely and mixed into a salad or added to other dishes, particularly potatoes and egg.

**Food Safety**
Store fresh chives in the fridge or freezer. Wash chives before use.

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Rosemary

**Healthy Eating**
Rosemary has a strong flavour and is used as a flavouring to help reduce the amount of salt used in a recipe.

**Shopper**
Rosemary can be grown at home or at school and then used when required. Fresh rosemary can be purchased in small bunches, as well as dried. Store dried rosemary in a sealed pot in a cool, dry place. Remember to check the best before date. Dried rosemary is a healthy swap for salt in sauces and on top of bread. It is also used in soups and as a topping on breads. If a healthy swap is needed for meat dishes, offer lamb. If a dish uses rosemary, then this is a strong flavour and is used as a flavouring.

**Cooking**
Rosemary can be grown at home or at school and then used when required. Fresh rosemary is a strong flavour and is used as a flavouring to help reduce the amount of salt used in a recipe.

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**Food Safety**
For all your food handling questions, refer to the Food Safety section.
Parsley can be used as a flavouring to help reduce the amount of salt used in a recipe.

Healthy Eating

Parsley is often used to garnish dishes. It is used to make sauces and stuffing.

Cooking

There are several varieties of parsley available such as broad leaved, flat and curly. It can also be bought dried. Parsley can be grown at school or at home and used when required.

Shopper

Store fresh parsley in the fridge. Wash before use. Store dried parsley sealed in a cool, dry place. Remember to check the best before date.

Food Safety

Fresh and dried coriander leaves can be used as a herb in cooking – the seeds are used as a spice. The stalks and the leaves of coriander can both be used. Coriander is used to flavour meat and vegetable dishes including curries and is also used in soups and marinades. Coriander is also used in savoury meals and mediterranean dishes. The stalks and the leaves of coriander can look the same.

Cooking

Healthy Eating

You have 99 days of growingCoriander! If you can be grown on the ground so why don’t a tray in cooking – the seeds are used as a spice. The stalks and dried coriander leaves can be used as a stock replacement.

Coriander

Shopper

Coriander is used to flavour meat and vegetable dishes including curries and is also used in soups and marinades. Coriander is also used in savoury meals and mediterranean dishes. The stalks and the leaves of coriander can look the same.

Cooking

Healthy Eating
**Basil**

**Healthy Eating**
Basil can be used as a flavouring to help reduce the amount of salt used in a recipe.

**Shopper**
Basil is available fresh in bunches, as a plant or dried. Compare the prices. Basil can be grown at home or at school and then used when required.

**Cooking**
Basil has a strong flavour and is used in sauces, pizzas, salads and soups. Basil is also one of the main ingredients in pesto.

**Food Safety**
Store fresh cut basil in the fridge. Wash before use. Store dried basil sealed in a cool dry place. Remember to check the best before date.

**Paprika**

**Cooking**
Paprika is used in a range of dishes including tomato based sauces, soups, stews and rice dishes. Paprika is made from a pepper native to South America and can be mild, hot, smoked or sweet.

**Food Safety**
Store paprika in a sealed pot in a cool dry place. Remember to check the best before date.

**Shopper**
Paprika is used in a range of dishes including tomato based sauces, soups, stews and rice dishes. Paprika is made from a pepper native to South America and can be mild, hot, smoked or sweet. Check the cost of the paprika and compare.

**Healthy Eating**
Paprika can be used as a flavouring to help reduce the amount of salt used in a recipe.
Curry powder

Healthy Eating
When using curry powder in cooking be careful of how much you add as it contains salt. Try adding fruit and vegetables to your curry to add flavour.

Cooking
Curry powder is used for curries and marinades. It is traditionally used in dishes such as chicken korma, coronation chicken and kedgeree. Make curry dishes using leftover vegetables and/or meat from the night before.

Shopper
Curry powder is a spice mix. The spices vary, but are usually different blends of coriander, turmeric, cumin, fenugreek, pepper and salt. Try different types of curries and find the family favourite!

Food Safety
Store curry powder in a sealed pot in a cool dry place. Remember to check the best before date.

Pepper

Healthy Eating
Store pepper in a sealed pot in a cool dry place. Remember to check the best before date.

Cooking
White and black pepper are used as a seasoning. White or black pepper can be used as a flavouring to help reduce the amount of salt used in a recipe.

Shopper
Black peppercorns are the dried berries of the pepper plant. Green peppercorns need grinding or as a powder.

Food Safety
White and black pepper are used as a seasoning.
Chilli Powder

Healthy Eating
When using chilli powder in cooking be careful of how much you add as it contains salt.

Cooking
Carefully measure chilli powder using measuring spoons. Chillie powder can be used in marinades and is used to flavour many savoury dishes, including chilli con carne.

Food Safety
Store chilli powder in a sealed pot in a cool dry place. Remember to check the best before date.

Shopper
Chilli powder is made by grinding dried chillies. It can vary from mild to very hot. Look for supermarket brands of spices, often these will be cheaper.

Reduced salt stock cubes

Food Safety
When making soups, sauces, stocks and stews, use reduced salt stock cubes or powder in hot water until dissolved. Stock is used in a range of dishes including vegetable, fish, meat and chicken. Stock cubes are available in different flavours.

Cooking
Store in a cool dry place. Remember to check the best before date.

Healthy Eating
Stock cubes are available in different types, including vegetable, fish, meat and chicken. Reduced salt stock cubes are used to add flavour. If reduced salt stock cubes are not available then you can use a little of a regular stock cube. Alternatively, try using herbs and spices to add flavour instead.
Mustard

Healthy Eating
Mustard can be used to add flavour to dishes. When using mustard in cooking be careful of how much you add as it contains salt.

Cooking
Mustard powder is used in salad dressing, barbeque sauces, marinades and soups. Carefully measure mustard with a measuring spoon as it has a strong flavour.

Shopper
Mustard is made from the seeds of plants from the cabbage family. There are many different types of mustard available including powdered and grainy. Use the label to help make a choice. Some people have an allergy to mustard – always check the label.

Food Safety
Check the label for the best before date. Store in a cool, dry place and after opening keep in the fridge.

Tomato puree

Food Safety
Tomato puree can be used in a range of dishes including pasta, pizza, soups and casseroles. It is made from cooked and reduced tomatoes. It is probabilistic in tins and tubes. Compare different brands and costs for the best deals.

Cooking
Tomato puree is used in a range of dishes including pasta, pizza, soups and casseroles. It is made from cooked and reduced tomatoes. It is probabilistic in tins and tubes. Compare different brands and costs for the best deals.

Healthy Eating
Tomato puree is used in a range of dishes including pasta, pizza, soups and casseroles. It is made from cooked and reduced tomatoes. It is probabilistic in tins and tubes. Compare different brands and costs for the best deals.
Salt

Healthy Eating

Eating too much salt can be bad for your health so don’t add salt to your meals. Most people eat too much salt. Adults and children over 11 should eat no more than 6g of salt a day. Younger children should have even less.

Cooking

Salt is used in many recipes to help enhance flavour. However, try and replace it with other ingredients, such as garlic, chilli and spices. Measure any salt used in recipes accurately. Often salt does not need to be added.

Food Safety

Store sealed in a cool, dry place.

In the past salt was used to preserve foods. There are different types of salt such as table, rock and sea salt. About three-quarters of the salt we eat is already added to the food we buy, such as breakfast cereals, soups, breads and sauces, so there is no need to add it to our meals.

Eating too much salt can be bad for your health so don’t add salt to your meals. Most people eat too much salt. Adults and children over 11 should eat no more than 6g of salt a day. Younger children should have even less.

Sugar

Healthy Eating

Sugar is widely used in a range of foods including drinks, cakes, jams and confectionery. When baking try replacing sugar with dried fruit and oats to increase the sweetness and fibre content.

Cooking

Most people eat and drink too much sugar which can be bad for your health. Sugary foods and drinks are high in sugar and calories. Sugar can also cause tooth decay, especially if eaten between meals. Try not to add extra sugar to your foods and drinks.

Shopper

Granulated sugar is made from sugar cane or sugar beet. There are a wide variety of sugars to choose from, including caster, granulated, brown and icing. Use food labels to check how much sugar food contains. If you take sugar in hot drinks or add sugar to foods, choose a sugar that is low in calories and high in fibre.
Store garlic in the fridge or in a cool dry place.

Garlic is easy to grow at school or at home. Fresh garlic is prepared by peeling and crushing or chopping its cloves. Garlic has many uses in cooking, including stir-frys, curries, soups, bread and marinades. Use according to taste.

Garlic can be a source of protein and fat. 

Houmous can be made by blending drained chickpeas, garlic, oil, crushed garlic and lemon juice in a food processor. Houmous is a Middle Eastern dish made from chickpeas.

Healthy Eating
Garlic adds flavour to dishes and can help to reduce the amount of salt needed in a recipe.

Cooking
Fresh garlic is prepared by peeling and crushing or chopping its cloves. Garlic has many uses in cooking, including stir-frys, curries, soups, bread and marinades. Use according to taste.

Shopper
Garlic is sold throughout the year. It can be bought fresh, frozen, dried or as a paste. Fresh garlic is sold as a head of garlic which breaks up into lots of smaller cloves. Garlic is easy to grow at school or at home.

Food Safety
Store garlic in the fridge or in a cool dry place.

Cooking
Store houmous in the fridge at the correct temperature (below 5°C). Check the label for the use by date. Once opened, consume within two days.

Healthy Eating
Houmous can be a source of protein and fat. Go for reduced fat varieties. Look at the food labels and watch out for salt and fat levels.

Shopper
Houmous is a Middle Eastern dish made from chickpeas.

Food Safety
Garlic is used in various recipes. Always check that you do not have any garlic allergic reactions. For some people, garlic can cause digestive issues. Be careful when using garlic in large quantities.
Salsa

**Healthy Eating**
Salsa is often made with lots of fruit and vegetables such as tomatoes. It is important to check the labels to look at salt and sugar levels.

**Cooking**
Salsa is a spicy dish served cold. It is made from different combinations of vegetables including chopped tomatoes, onions, chillies and peppers. Salsa can be served as a dip but can also be used as a topping on cooked fish or chicken.

**Shopper**
Supermarkets have different brands and versions available. Check the label for reduced salt varieties.

**Food Safety**
Store unopened bottles or jars of salsa in a cool, dry place. Once opened, keep in the fridge and follow the storage instructions on the label. Homemade salsa can be kept in the fridge for up to two days.
Oils and Spreads
Vegetable oil

We all need some fat in our diets, but most of us are eating too much fat, especially saturated fat. Unsaturated fats are healthier fats that are usually from plant sources, such as oils like vegetable and olive oil. Remember that all types of fat are high in energy and we should try not to eat too much of them.

**Healthy Eating**

**Shopper**

Vegetable oils are obtained from plants. They are natural oils found in seeds, nuts and some fruits. Examples are sunflower, olive and coconut oil. Shops and supermarkets often have their own brands which are cheaper. Always compare the price.

**Cooking**

Try to use only a little oil when cooking and try healthier ways of cooking that don’t need oil, like grilling instead of frying. Be careful when cooking with oil as it can become very hot.

**Food Safety**

Oil should be stored in a cool, dry place. Make sure that the lid is on the bottle to prevent the oil from spoiling.

Vegetable oils are obtained from plants. They are natural oils found in seeds, nuts and some fruits. Examples are sunflower, olive and coconut oil. Shops and supermarkets often have their own brands which are cheaper. Always compare the price.

Cooking

Food Safety

Healthy Eating

Shopper

Vegetable oil

Keep low fat spread in its original container or sealed. Use by the date shown on the label. Keep ready-to-eat foods such as spread and low fat spreads in the original container or sealed. Keep low fat spread in the original container or sealed. Keep ready-to-eat foods such as spread and low fat spreads in the original container or sealed.

We all need some fat in our diets, but most of us are eating too much fat, especially saturated fat. Unsaturated fats are healthier fats that are usually from plant sources, such as oils like vegetable and olive oil. Remember that all types of fat are high in energy and we should try not to eat too much of them.

Cooking

Food Safety

Healthy Eating

Shopper
Potatoes, bread, rice, pasta and other starchy carbohydrates
Potato

Healthy Eating  
Potatoes do not count towards your 5-a-day but they are a good source of starch. Starchy food is a really important part of a healthy diet and should make up just over a third of the food we eat. You should base most of your meals around starchy foods. Leave the skins on the potatoes to keep more of the fibre.

Cooking  
Cooking potatoes changes their taste and their texture. They can be prepared whole, cut into pieces or mashed. It is important to avoid adding fat, such as butter and cream. Baking and boiling are healthier cooking methods.

Food Safety  
Store in a cool, dark place (7-10°C). Do not eat green potatoes as they can contain a toxin that can make you ill. Wash potatoes well before use to remove any dirt and remember to wash your hands after touching unwashed fruit and vegetables.

Couscous

Cooking  
Couscous is cooked by adding boiling water and

Shopper  
Couscous is a traditional “Berber” (North African) dish. Couscous is cheap to buy and can go a long way.

Healthy Eating  
Couscous is a starchy carbohydrate. Starchy food is a really important part of a healthy diet. It is a good source of energy and should make up just over a third of the food we eat. You should base most of your meals around starchy foods. Couscous is great eaten hot or cold.

Cooking Food Safety  
Store couscous in a cool, dry place. Sealed containers or bags are best for couscous storage to keep moisture out. Only keep cooked leftovers for two days and re-heat once thoroughly until steaming hot or served cold straight from the fridge. Do not eat cold couscous straight from the fridge. You can also dry couscous in a warm place. Store couscous in a cool, dry place, sealed containers to keep moisture out.
**Noodles**

**Healthy Eating**

Noodles fit into the starchy carbohydrate group. Starchy food is a really important part of a healthy diet. It is a good source of energy and should make up just over a third of the food we eat. You should base most of your meals around starchy foods.

**Cooking**

Fresh noodles can be cooked by boiling in water or stir-frying in a wok/pan. If noodles are dry, place in water and boil. Serve noodles in soup, a stir-fry, with vegetables, lean meats or in a salad.

**Shopper**

Noodles are believed to have come from Asia. They are normally made from wheat and can be bought dried and fresh. Some people have an allergy to gluten (a protein in wheat). There are other types such as rice noodles which do not contain wheat. Always read the list on the label.

**Food Safety**

Store dry noodles in a cool, dry place. Check label for the best before date. Store fresh egg noodles in the fridge and consume before use by date.

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**Oats**

**Healthy Eating**

In Scotland, oatmeal is made by grinding oats into a course powder which is known as skirlie. Oatmeal is the main ingredient of the Scottish dish, skirlie. There are lots of different brands on sale; supermarkets brands are often cheaper.

**Cooking**

Porridge is made by cooking oats in water and/or milk. You can add toppings such as fresh fruits like sliced bananas or raspberries or other fruits which can be fresh, tinned or frozen. Oats can also be added as a topping for fruit crumbles.

Oats are a good source of starchy carbohydrates. Starchy food is a really important part of a healthy diet. It is a good source of energy and should make up just over a third of the food we eat. Oats are used to make porridge, which is a healthy and filling breakfast, provided you don’t add too much sugar or salt.

**Shopper**

Oats are believed to have come from Europe. They are normally made from oats and can be bought dried and fresh. Some people have an allergy to gluten (a protein in oats). There are other types such as rice noodles which do not contain oats. Always read the list on the label.

**Food Safety**

Store oats in a cool, dry place. Check the best before date.
Wholewheat Biscs

Healthy Eating
Wholewheat biscuits are an excellent example of a wholegrain starchy carbohydrate food high in fibre. Starchy food is a really important part of a healthy diet. It is a good source of energy and should make up just over a third of the food we eat. You should base most of your meals around starchy foods. Wholegrain versions of starchy carbohydrates like these are great as they can help keep us full for longer.

Shopper
Supermarket own brands are often available and these tend to be cheaper. Some people have an allergy to gluten (a protein in wheat). Always read the ingredients list on the label.

Cooking
Wholewheat biscuits can be served with hot or cold milk for a quick and easy healthy breakfast. Adding your favourite fruit is a good way to add sweetness and count towards your 5-a-day: fresh, frozen or tinned are all good options.

Food Safety
Store wholewheat biscuits in a cool, dry place. Ensure that the packet containing the biscuits is closed to keep them fresh and crisp. Check the best before date.

White/Brown Rice

Cooked rice can be very nutritious if eaten in moderation. It is also a good source of energy and should make up just over a third of the food we eat. Brown rice contains more fibre than white, which can help keep us full for longer.

Cooking
There are many different varieties of rice available such as long-grain, pudding and basmati. Some rice is sold pre-cooked in sealed packets. While convenient this is often more expensive. Rice flour is useful for a gluten-free diet or expensive rice. There are many different varieties of rice available with different rice.

Healthy Eating
Rice is a good example of a starchy carbohydrate. Starchy food is a really important part of a healthy diet. It is a good source of energy and should make up just over a third of the food we eat. Try to choose wholegrain rice, such as brown rice, as it contains fibre which can help keep us full for longer.

Food Safety
Cooked rice can be very dangerous if left at room temperature for a long time. It’s best to serve rice when it has just been cooked. If that isn’t possible, cool the rice as quickly as possible. Keep it in the fridge for no more than one day and reheat only once. Avoid leftovers or dishes with rice in the fridge as long as possible. Cook rice in sealed packets, as this is more nutritious than cooked rice in an open pot. Some rice is sold pre-cooked in sealed packets. While convenient this is often more expensive.

Cooking
Rice can be boiled or steamed, and can be used in many different dishes such as paella, rice salads or as an accompaniment to dishes such as chilli and curry. Rice is also tasty if you add lots of vegetables or herbs and spices to it. Many delicious rice dishes can be found in supermarkets.

Healthy Eating
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Pasta

Healthy Eating

Pasta is a good example of a starchy carbohydrate that can be used in many different meals. Starchy food is a really important part of a healthy diet. It is a good source of energy and should make up just over a third of the food we eat. Try to choose wholegrain varieties, such as wholewheat pasta, as it contains fibre which can help keep us full for longer.

Cooking

There are lots of shapes of pasta to choose from, e.g. long, short, tubes, shells and sheets. Pasta can be served with lots of different fillings, soups and sauces. Try to choose tomato-based sauces with lots of vegetables instead of creamy sauces. Pasta can also be added to salads for different lunch ideas. Fresh pasta cooks quicker than dried pasta.

Shopper

Pasta is a staple food that traditionally comes from Italy. It is made from durum wheat. Pasta is available fresh, dried and tinned. Dried pasta is cheap and helps to make meals go further. Some people have an allergy to gluten (a protein in wheat). Always read the ingredients list on the label. Gluten-free pasta is available.

Food Safety

Dried pasta should be stored in a cool, dry place. Check the label for the best before date. Fresh pasta should be kept in the fridge at correct temperature (below 5°C) and eaten before the use by date.

Pitta Bread

Healthy Eating

Pitta bread is traditionally from Greece and the Middle East. Freeze pitta bread for use when you need it – this helps to reduce food waste. Some people have an allergy to gluten (a protein in wheat). Always read the ingredients list on the label.

Cooking

Pitta breads can be used to scoop sauces or dips. They can also be grilled or toasted. To keep warm, put the bread in a low oven. Pitta breads are a starchy carbohydrate that can be used in many different meals. Starchy food is an important part of a healthy diet and should make up just over a third of the food we eat. Try to choose wholemeal pitta breads as they contain more fibre.
Baguette

Healthy Eating

Baguettes are a type of bread. Starchy food is a really important part of a healthy diet. It is a good source of energy and should make up just over a third of the food we eat. You should base most of your meals around starchy foods. Try to choose wholemeal baguettes as they contain fibre so can help us feel full for longer.

Cooking

Baguettes can be used to make sandwiches or cut into chunks and served with soup. They can also be made into pizza slices with a range of toppings such as tomatoes, mushrooms and sweetcorn.

Food Safety

Store in a cool, dry place. Check the packaging for the best before date. Keep ready-to-eat foods separate from raw meat and unwashed fruit and vegetables. This will help to stop germs from spreading. Always wash hands thoroughly before, during and after preparing food.

Tortilla Wrap

Healthy Eating

Tortillas are used in fajitas where they are filled with chicken and peppers. They can also be filled and cooked with meat, beans and vegetable fillings, these are known as burritos or enchiladas. Sandwich wraps are a good idea for a lunchbox. They can also be used instead of pasta sheets in lasagne and as a pizza base.

Cooking

Tortilla is traditionally from Mexico. It was originally made from cornmeal but is now usually made with wheat flour. Some people have an allergy to gluten (a protein in wheat). Always read the ingredient list on the label.

Food Safety

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Flour

Healthy Eating

Wholemeal flour provides more fibre than white flour. Try using a mix of wholemeal and white flours in recipes. Most people need to increase their fibre intake.

Shopper

Flour is made by milling wheat. There are many different types of flour available, which differ in colour and flavour. Supermarket brands are often cheaper.

Cooking

Sift flour before use to remove any lumps. Flour can be used in a wide range of dishes, e.g. baked products such as bread, pastry, biscuits and cakes. Flour is used to make pasta, pancakes and Yorkshire pudding. Flour can also be used to thicken stews and soups.

Food Safety

Keep flour in an airtight container in a cool, dry place. Remember to check the best before date. Before you start preparing food, it is important to check your worktops, kitchen utensils and chopping boards are clean. Always wash hands thoroughly before, during and after preparing food.

Brown/White Bread

Keep fl  our in an airtight container in a cool, dry place. Remember to check the best before date. Before you start preparing food, it is important to check your worktops, kitchen utensils and chopping boards are clean. Always wash hands thoroughly before, during and after preparing food.

Food Safety

Brown/White Bread

Cooking

Brown/White Bread

Shopper

Brown/White Bread

Healthy Eating

Brown/White Bread
Store rolls in a cool, dry place. Check the label for the best before date. Keep ready-to-eat foods separate from raw meat and unwashed fruit and vegetables. This will help to stop germs spreading. Always wash hands thoroughly before, during and after preparing food.

There are many different types of rolls made from different white or wholemeal flours sometimes with added seeds (e.g. poppy or sesame), nuts (e.g. walnuts) and vegetables (e.g. sun-dried tomatoes and onions). Some people have an allergy to gluten (a protein in wheat). Always read the ingredient list on the label.

Rolls are a type of bread so fit into the starchy carbohydrates group. Starchy food is a really important part of a healthy diet. It is a good source of energy and should make up just over a third of the food we eat. You should base most of your meals around starchy carbohydrates. Try to choose wholemeal or wholegrain versions as they contain more fibre which can help keep us full for longer.

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