

Attachment lesson 5 - Cooking

Daily amount of food 4 until 8 years old

Breakfast is obliged. Daily recommended amounts:

100-150 grams of rice and bread

100-150 grams of vegetables

1.5 pieces of fruit

400 ml of dairy products

60-80 grams of meat, eggs or substitutes for these

1 L of drinks (no alcohol)

Daily amount of food 9 until 13 years old

Breakfast obliged. Daily recommended amounts:

150-200 grams of rice and bread

150-200 grams of vegetables

2 pieces of fruit

600 ml of dairy products

80-100 grams of meat, eggs or substitutes for these

1-1.5 L of drinks (no alcohol)

Interesting facts to remember

- Variation is important in the diet, like bread brown bread, potatoes, rice, pasta, fruit, vegetables and dairy products.
- Unsaturated fats are needed within a diet, because they contain vitamins and they are better than saturated fats.
- It is possible to use other spices instead of salts, as this is very unhealthy if consumed too much.
- Milk and dairy products contain calcium and B-vitamins and are therefore important in the diet, as they strengthen one's bones.
- Someone is undernourished when losing three kilos per month unintended or when losing six kilos per six months unintended.
- Fresh products should be bought more often than packaged. These products are richer in fibres and therefore the person will receive more nutrients which are needed.
- Processes within the body change when having overweight. This causes the cholesterol level to increase, which is often seen as a fat belly. The

first step to bring this back to normal is to lose weight. This progress is often seen with people who have diabetes mellitus.

Tips for healthy cooking

- Oil for baking and not butter.
- No salt in cooking water or added to the food.
- Rice is allowed, but it has to be whole wheat rice.
- Fruit-juice contains the nutrients within the fruits and therefore also very healthy.
- Chicken is better than red meat.

Health conditions

- A healthier diet causes the arteries to stay clean and open, the blood pressure will not increase and so the chance of having a heart attack reduces.
- Eating too many salts causes an increased blood pressure.
- Too many saturated fats increase the cholesterol, this eventually leads to CVDs.
- Vegetables and fruits have a positive effect on veins.
- For cardio patients eating rice is no problem, but only when it is brown rice. Red meat is not good at all and should be eaten as rarely as possible. Foods which are less cholesterol rich and are promoted to eat when having cardio problems are egg whites, milk, dairy products and organ meat.

Recipes

Stir-fried beef

Ingredients

2 leeks

12 carrots

1 white cabbage

2-3 spoons of oil
400 grams of beef strips
1-2 spoons Ketjap
Pepper
1 small spoon of sugar
3 small spoons of lemon juice
Rice nudles or pasta

Preparation

Clean the vegetables and chop them into small pieces.
Heat the oil in a pan until it is hot. Stir-fry the meat short but hot, approximately 30 seconds. Take the meat out of the pan and put vegetables in the pan. Add all other ingredients.
When vegetables are ready add meat again to make it eatable.
Serve with warmed up rice-noodles or pasta.

Stir-fried fish

Ingredients

500 grams of white fish
3 spoons of flower
4 small spoons of curry (dependent on own preference)
1 small spoon chili powder
3 spoons of oil
Vegetables of own choice
Salt

Preparation

Cut the fish in blocks.
Mix flower with curry, chili powder and little bit of salt.
Make sure the fish is covered in this mix.
Heat oil in pan until they are done (6-8 minutes).
Prepare and serve with vegetables.