

Session 5 – Fats and Healthy Cooking Skills

Fats

Fats are an important part of your diet. Fats give you energy and help your body to absorb vitamins A, D, E & K. The most important thing to remember is that there are two types of fats, one of which is a healthier option.

Types of Fat

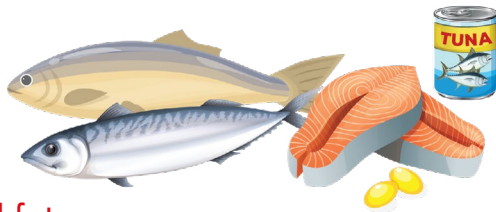
Unsaturated fats

These are fats with health benefits. They are liquid at room temperature and there are two types:

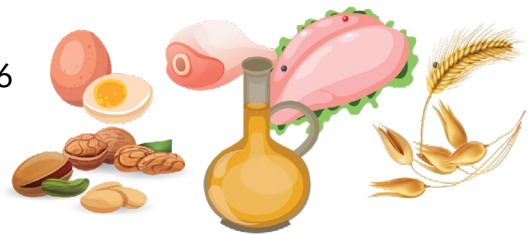
- **Monounsaturated** fats are good as they help your blood have a good kind of cholesterol.
- **Polyunsaturated** fats are a type of healthy fat that includes Omega 3 and Omega 6 fatty acids, which are essential for our health. They can help lower bad cholesterol in our blood



Omega 3



Omega 6

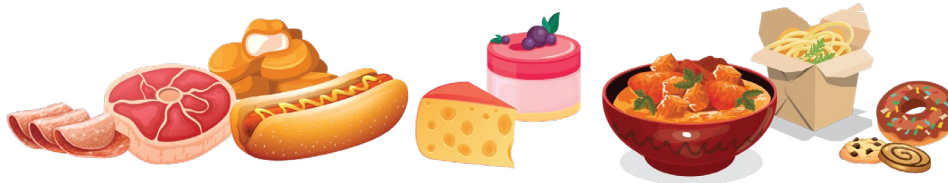


Saturated fats

These fats are hard at room temperature and are found in meat and meat products, and in cakes, biscuits, pastries, and dairy foods.

Hydrogenated or trans fats

These are hard fats and are used to improve texture of foods and extend shelf life. However they raise cholesterol levels and can increase the risk of heart disease. Avoid them.



Recommendations

The table shows the amount of fat recommended. Don't have more than 10% of saturated fats per day.

	Woman	Man
Fat intake per day	70g	90g
Saturated fat intake per day	20g	30g

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Home Cooking

There are many different ways of cooking food. Some ways are healthier than others as they help reduce the amount of fat we eat or help stop nutrients like vitamins, minerals from being lost. When deciding how to cook food, choose a way that stops nutrients being destroyed.

For example, swap frying with grilling.



The table shows examples of different cooking methods and their advantages and disadvantages.

Method	Definition	Advantages	Disadvantages	Foods
Baking	To cook food in an oven.	Suitable for many foods.	Temperature control, requires regular checking and timing.	Bread Desserts Fish Meat Poultry Vegetables Potatoes
Boiling	Boiling is the cooking of foods in liquid (water, milk, stock) at boiling point.	Older, tougher, cheaper meats can be made tasty. Vegetables keep their colour and nutritional value. No fat is used.	Food can look unattractive. Can be a slow method. Loss of soluble vitamins in the water.	Meat Vegetables Eggs Potatoes
Frying	This method requires cooking food in oil or fat.	Very quick. Provides a crispness and texture to food. The fats are absorbed providing flavour.	The fats that are absorbed increase the calorific value. Foods can be greasy.	Meat Poultry Eggs Vegetables Potatoes

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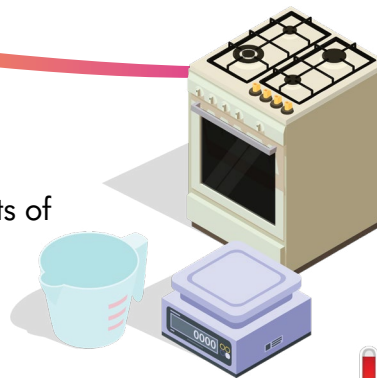
Method	Definition	Advantages	Disadvantages	Foods
Grilling / Barbecuing	This is a fast method of cooking by radiant heat.	Food is cooked quickly. Charring gives a distinctive look and improves flavour. Seals meat and retains juices. Saturated fats run off the meat.	Better for expensive cuts of meat. Requires skill. Can dry out food if cooked too long at high heat. Can be under cooked.	Fish Meat Poultry Toasted items Vegetables Potatoes
Microwaving	Microwaves make the water content in food particles vibrate, producing heat energy.	Some foods keep flavour and taste better.	Food cooks quickly- resulting in overcooking or uneven cooking.	Most types of food
Roasting	Hot air circulates around the meat, cooking all sides evenly.	Seals and keeps the juices. Saturated fat runs off.	Temperature control requires regular checking and timing.	Meat Poultry Potatoes
Steaming	To cook food through water vapour.	Keeps the shape of fragile foods. Keeps nutrients and flavour. No fat used in cooking.	Careful timing is needed to stop overcooking or undercooking.	Vegetables Fish Fruit Puddings Meat
Stewing / slow cooker	A long, slow method where food is cooked in the minimum amount of liquid, water, stock, sauce.	Meat juices and nutrients are kept in the liquid. Tough foods are tenderised.	Slow method. Fat can be kept from meat.	Fish Meat Poultry Vegetables
Air fryer	An air fryer uses convection heat. It circulates hot air to cook and crisp up the food	No fat used. Cheaper to run electrically than an oven.	An extra appliance to buy.	Meat Fish Vegetables Potatoes

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Kitchen Conversion Measurements

Try some new recipes. A recipe might show different units of measurements or use different cooking temperatures.

Here are some helpful guides to support you with your cooking.



Teaspoons	Tablespoons	Grams (g)	Pounds (lb)	Ounces (oz)	Cups	Gas Mark	° F	° C
3	1	15	-	½ oz	1/16	1	275	140
6	2	29	-	1 oz	1/8	2	300	150
12	4	57	-	2 oz	¼	3	325	170
18	6	85	-	3 oz	3/8	4	350	180
24	8	115	¼	4 oz	½	5	375	190
48	16	227	½	8 oz	1	6	400	200
72	24	340	¾	12 oz	1½	7	425	220
96	32	455	1	16 oz	2	8	450	230
						9	475	240

Abbreviations

tblsp = tablespoon
tsp = teaspoon
oz = ounce

fl. oz = fluid ounce
c = cup
qt = quart
pt = pint

gal = gallon
lb = pound
mL = milliliter
g = grams

kg = kilogram
l = litre
deg = degrees
doz = dozen (12)

Cholesterol

Did you know that fat is linked to cholesterol levels in the blood? As we now know there are two types of fat we can understand that both have a different affect on our body.

There are two types of cholesterol:

- 1) High-Density Lipoproteins (HDL) are good cholesterol and are achieved by following the Eatwell Guide.
- 2) Low Density Lipoproteins (LDL) are the bad cholesterol. They cause narrowing of the arteries reducing blood flow which could lead to a stroke.

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Tips for eating well on a budget

Now we have discussed as a group tips for eating well on a budget, list below those that might help you at home?



1.
2.
3.
4.
5.
6.

Fruit and Vegetable Tasting



Fill in the table below as you try each food, rate them 1 to 10.

Name of item	Taste	Texture	Appearance	Smell	Comments (Rating/10)

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Behaviour change diary

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes ✗ No P = Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				