

PENANG SANGAM HIGH SCHOOL
P.O.BOX 44 RAKIRAKI
HOME ECONOMICS
YEAR 13

Strand	Food And Nutrition
Sub strand	Dietary Patterns Traditional Dietary Patterns
Content learning outcome	<ul style="list-style-type: none">recognize and analyze the importance of nutrition in relation to different dietary patterns

DIETARY PATTERNS

TRADITIONAL DIETARY PATTERNS

- Diet consisting of foods and dishes consumed over the long-term duration of civilization that have been passed through generations.
- A pattern of eating and drinking (including foods or groups of foods and drinks) that was commonly followed in a particular culture, country, or part of the world for centuries, or even for thousands of years.
- Included more organic farming and seasonal food according to food origins.
- Varied with availability of local resources, such as fish and other sea foods in coastal towns, eels, freshwater fish and ferns in estuary settlements, or vegetables and dairy products in farming settlements, as well as with cultural and religious customs and taboos.

Characteristics of Traditional Diets

1. The diets of healthy, non-industrialized people contained no refined ingredients, such as refined sugar or high fructose corn syrup; white flour; canned foods; pasteurized, homogenized, skim or low fat milk; refined or hydrogenated vegetable oils; protein powders; synthetic vitamins; or toxic additives and artificial colourings.
2. Traditional cultures consumed some sort of animal food, such as fish and shellfish; land and water fowl; land and sea mammals; eggs; milk and milk products; reptiles; and insects. The whole animal is consumed—muscle meat, organs, bones and fat, with the organ meats and fats preferred.
3. The diets contain at least four times the minerals and water-soluble vitamins, and ten times the fat-soluble vitamins found in animal fats (vitamin A, vitamin D and vitamin K2).
4. Primitive and traditional diets have a high content of food enzymes and beneficial bacteria from lacto fermented vegetables, fruits, beverages, dairy products, meats and condiments.

6. Seeds, grains and nuts are soaked, sprouted, fermented or naturally leavened to neutralize naturally occurring anti-nutrients such as enzyme inhibitors, tannins and phytic acid.
7. Total fat content of traditional diets varies from 30 percent to 80 percent of calories but only about 4 percent of calories come from polyunsaturated oils naturally occurring in grains, legumes, nuts, fish, animal fats and vegetables. The balance of fat calories is in the form of saturated and monounsaturated fatty acids.
8. Traditional diets contain nearly equal amounts of omega-6 and omega-3 essential fatty acids
9. All traditional diets contain some salt.
10. All traditional cultures make use of animal bones, usually in the form of gelatin-rich bone broths.

Traditional diets offer these key benefits to today's consumers:

1. They are an excellent way to revitalize, re-learn, and enjoy centuries-old healthy food traditions.
2. They offer modern-day consumers a cultural model for healthy eating that is usually largely plant-based.

Advantages and Disadvantages of Traditional Foods

ADVANTAGES	DISADVANTAGES
Original flavour retained and tastes better.	Many fruits and vegetables are seasonal.
Contains nutrients not lost by processing.	Needs to be stored and handled properly or it will be contaminated.
Contains more naturally occurring vitamins and minerals.	Spoils easily due to water content.
Does not contain flavourings, preservatives and additives.	Requires more preparation by a professional cook.
Foods are cheaper and nutritious.	

Activity

- Plan a nutritious, balanced meal using only the traditional foods (*note occasion is wedding*)