

# Activity sheet – The needs of people






## Diet through life

We all need different types and amounts of food during different stages of our lives. For example, a baby's needs are different to a teenager's needs. Our bodies require different amounts of energy and nutrients to grow and maintain health.

✂️ 1 Cut out the cards below.

2 Match each person to the correct life stage that identifies their needs.

If you are unable to print and then cut out, please copy out the correct information for each life stage.

 A baby boy	Energy and nutrient requirements continue to increase as they grow. Daily energy used: 8240 kJ (1970 kcal)
 A toddler	Additional energy and nutrient requirements are needed to support the baby's development. Daily energy used: 8900 kJ (2127 kcal)
 A teenager	Breast milk is ideal. It helps support a baby's early development and growth. Daily energy used: 2280 kJ (545 kcal)
 An adult	Maintain a good bodyweight, for height. No further growth is expected. Daily energy used: 10600 kJ (2550 kcal)
 A pregnant woman	A period of rapid growth, development and change. Mineral intake, such as iron, is very important. Daily energy used: 8830 kJ (2110 kcal)