**R019 Learning Outcome 3:**

Target grade:

Name:

**Know the nutritional guidelines and requirements for children from birth to five years**

What is the Eatwell Guide?

………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………

Draw or stick in an example of the Eatwell Guide

Describe/explain the diagram above

………………………………………………………………………………………………………………………………………………………………………

……………………………………………………………………………………………………………………………………………………………………..

………………………………………………………………………………………………………………………………………………………………………

Research what other government guidelines there are to inform people about healthy eating. Make notes for your presentation here. Don’t forget to include the weblinks where you got information from.

**Making healthy choices**

What 5 things does the government recommend that all individuals should consume in their diet?

* …………………………………………………………………………………………………………………………………………………………
* …………………………………………………………………………………………………………………………………………………………
* ………………………………………………………………………………………………………………………………………………………..
* ………………………………………………………………………………………………………………………………………………………..
* …………………………………………………………………………………………………………………………………………………………

**Macronutrients**

Give a definition of macronutrients

………………………………………………………………………………………………………………………………………………………………

Complete the spider diagrams of the following macronutrients with the sources, the functions and any other relevant information.

**Proteins**

**Fats**

**Carbohydrates**

**Micronutrients**

Give a definition of micronutrients………………………………………………………………………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………………………………………………………………………….

**Vitamins**

|  |  |  |  |
| --- | --- | --- | --- |
| **Vitamins** | **Source** | **Function** | **Deficiency** |
| **A** |  |  |  |
|  | **Meat. Chicken, eggs fish, green leafy vegetables, dates. Some breakfast cereals are fortified with vitamin B.**  | **Promotes healthy functioning of the nerves and muscles** | **Deficiency may lead to anaemia and wasting of the muscles.**  |
| **C** |  | **Maintenance of healthy tissue and skin. Prevention of disease.** | **Deficiency leads to decreased resistance to infection and can result in scurvy** |
|  | **Oily fish, egg yolk. Milk, margarine and some breakfast cereals are fortified with vitamin D.**  |  |  |
| **E** |  | **Promotes blood clotting and healing** | **Deficiency may result in delayed blood clotting** |
|  | **Whole grain, green vegetables, liver** |  | **Deficiency may lead to excessive bleeding due to delayed blood clotting. Usually given to babies after birth as a deficiency is sometimes seen in newborns** |

**Minerals**

Give 5 examples of why minerals are needed for a variety of bodily functions

* ……………………………………………………………………………………………………………………………….......................
* ……………………………………………………………………………………………………………………………………………………
* …………………………………………………………………………………………………………………………………………………..
* ……………………………………………………………………………………………………………………………………………………
* ……………………………………………………………………………………………………………………………………………………

|  |  |  |  |
| --- | --- | --- | --- |
| Mineral | Source | Function | Deficiency |
|  |  | Required for growth of …………………… and ……………….. Also for nerve and muscle function | Deficiency may lead to rickets and ……………………………… decay. |
| Iron |  | Required for the formation of haemoglobin in the red blood cells, which transport …………………………………around the body. | Deficiency may lead to ………………………………………………………. |
| Sodium chloride (salt).  |  | Required for the formation of haemoglobin in the red blood cells, which transport …………………………………around the body. |  |

**Additional dietary requirements**

Why is fibre an important part of a healthy balanced diet?

* …………………………………………………………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………

* …………………………………………………………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………

* …………………………………………………………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………

Add in the sources of fibre around the bubble

**Fibre**

What is the function of water?

* …………………………………………………………………………………………………………………………………………………………
* …………………………………………………………………………………………………………………………………………………………
* …………………………………………………………………………………………………………………………………………………………
* …………………………………………………………………………………………………………………………………………………………
* ………………………………………………………………………………………………………………………………………………………..
* …………………………………………………………………………………………………………………………………………………………
* …………………………………………………………………………………………………………………………………………………………

What other sources of water are there?

…………………………………………………………………………………………………………………………………………………………

Dehydration occurs when someone does not get enough

……………………….. Symptoms include ………………………………….,

……………………….., and finding it difficult to concentrate.

**Nutritional requirements for stages of feeding children**

**Nutrition requirements from 0-6 months**

What can children of this age be fed?

……………………………………………………………………………………………………………………………………………………………………

……………………………………………………………………………………………………………………………………………………………………..

**How much milk does a baby need?**

**…………………………………………………………………………………………………………………….**

**…………………………………………………………………………………………………………………….**

**How do you know if they are getting enough milk?**

**…………………………………………………………………………………………………………………….**

**…………………………………………………………………………………………………………………….**

**What should parents do if they are concerned about their baby’s weight gain?**

**……………………………………………………………………………………………………………………….**

**Nutritional requirements from 6-12 months**

What is weaning?

………………………………………………………………………………………………………………………………………………………………………

Add in all the information you know about the different weaning stages and types of food that should be included

**Special dietary requirements**

**Weaning stage 3**

**Weaning stage 2**

**Weaning stage 1**

**Nutritional requirements from 1-5 years**

Why is it important to plan menus for children ages 1 -5 years?

………………………………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………

………………………………………………………………………………………………………………………………………………………………………

What needs to be considered when planning a menu for children 1-5 years?

**Planning**

**menus**

Suggest suitable meals for the following:

* Plan a 2 course meal for a pre-school child from a chosen religion.
* Plan a 2 course meal for a pre-school child who is vegetarian.
* Plan a 2 course meal for a pre-school child who has a food intolerance to gluten.
* Plan a 2 course meal for a pre-school child who has a food allergy to milk.

Plan a one day menu for children aged 1- 5 years for a nursery school. Think of the main food groups that should be included.

|  |  |  |
| --- | --- | --- |
| **Meal** | **Food**  | **Reason** |
| **Breakfast** |  |  |
| **Snack** |  |  |
| **Lunch** |  |  |
| **Snack** |  |  |
| **Tea** |  |  |

Fatty and sugary foods

Should children ages 1 -5 years have fatty and sugary foods included in their diet? Why?

………………………………………………………………………………………………………………………………………………………………………

……………………………………………………………………………………………………………………………………………………………………..

……………………………………………………………………………………………………………………………………………………………………..

……………………………………………………………………………………………………………………………………………………………………..

Weblinks to carry on with your research:

[www.nhs.uk/conditions/pregnancy-and-baby/pages/understanding-food-groups.aspx](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/understanding-food-groups.aspx).