**Nutritional Needs for Different Life Stages**

**Lesson Objectives:**

1. Describe the different life stages
2. Explain the nutritional needs of different life stages
3. Understand what a balanced diet is for different life stages

**Task:**

Create a fact sheet about each of the different life stages and their nutritional requirements.

**Your fact sheet must include:**

* Description of each life stage
* List and explain the nutritional needs (why they needs each of the nutrients, i.e.energy, protein, fat, fibre, calcium, iron, vitamins A, B, C, D) for each life stage
* List the recommended foods/dishes for each life stage and what nutrients do they provide
* Any other interesting/important points

**The lifestages are:**

1. Young children (1-4 years)
2. School children (5-12 years)
3. Teenagers (13-17)
4. Adults (18 and over)
5. The elderly (over 65)

You can use the following websites and your revision guides for research:

**Young Children**

<https://www.nutrition.org.uk/healthyliving/lifestages/children.html?start=1>

<https://www.nutrition.org.uk/healthyliving/lifestages/feeding-your-toddlerpre-school-child.html>

<https://www.bbcgoodfood.com/howto/guide/healthy-eating-what-young-children-need>

<https://www.nhs.uk/conditions/pregnancy-and-baby/understanding-food-groups/>

**School Children**

<https://www.nutrition.org.uk/nutritionscience/life/school-children.html>

[https://www.myvmc.com/lifestyles/nutrition-for-school-children](https://www.myvmc.com/lifestyles/nutrition-for-school-children/)

**Teenagers**

<https://www.nutrition.org.uk/nutritionscience/life/teenagers.html>

<https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>

<https://www.bbcgoodfood.com/howto/guide/healthy-eating-what-adolescence-need>

**Adults**

<https://www.nutrition.org.uk/nutritionscience/life/adults.html>

<https://www.nhs.uk/live-well/eat-well/>

**The Elderly**

<https://www.nutrition.org.uk/nutritionscience/life/older-adults.html>

<https://www.nhs.uk/live-well/eat-well/foods-to-avoid-over-65/>

<https://www.ageuk.org.uk/information-advice/health-wellbeing/healthy-eating/>