

Research Task:- Nutritional need of children 5-12 years

Write a report which includes the following information.

1. Create a table which shows the recommended nutrients that children should consume on a daily basis. Include vitamins, minerals and macro nutrients. Eg.

Vitamin	RI range
Ascorbic acid Vitamin C	30-35 mg
Thiamine Vitamin B1	?

2. Once you have completed the nutrient table; identify the function of each nutrients and the effects of deficiencies with a focus on children. Eg.

Nutrient	Function	Symptoms of deficiency
Calciferol Vitamin D	Formation of bones and teeth. Helps to promote the absorption of minerals.	Rickets in children, bone growth is retarded due to reduced absorption of calcium and phosphorous.

3. Explain the government guidelines for healthy eating in children. Refer to Eatwell plate guidance and 8 tips for healthy eating.

4. Explain how children with medical needs might have to have their diets adapted. Think about lactose intolerance, coeliac and other conditions that affect children.

5. Plan a three-course meal that would be appeal to children it must be healthy, nutritional and meet the needs of a child's diet. Include recipes and pictures.

Sites to help with research include.

<https://www.nutrition.org.uk/healthyliving/lifestages/children>

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

<https://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england>

<https://www.nidirect.gov.uk/articles/healthy-eating-children>

<http://www.foodincare.org.uk/special-diets/special-diets-and-medical-conditions>