

Children & Nutrition

- Know the 5 main food groups
- Understand the quantities needed of each group for a healthy balanced diet
- Do develop a range of appropriate menus suitable for a child's packed lunch

Healthy Eating Plate

Task One

- o What are the FIVE main food groups?
 - o Bread, cereals & potatoes
 - o Fruit & Vegetables
 - o Milk & Dairy
 - o Meat, Fish & Alternatives
 - o Fatty & Sugary foods

Task Two

- o Complete the healthy eating plate
 - o Draw & label each sector
 - o Draw & label FIVE foods from each sector

A Healthy Diet

Food Group	Main Nutrients	Types to choose	Portions per day	Suggestions for meals & snacks
Bread, cereals & potatoes				
Fruit & Vegetables				
Milk & Dairy products				
Meat, Fish & Alternative				
Fatty & Sugary				

A Healthy Diet

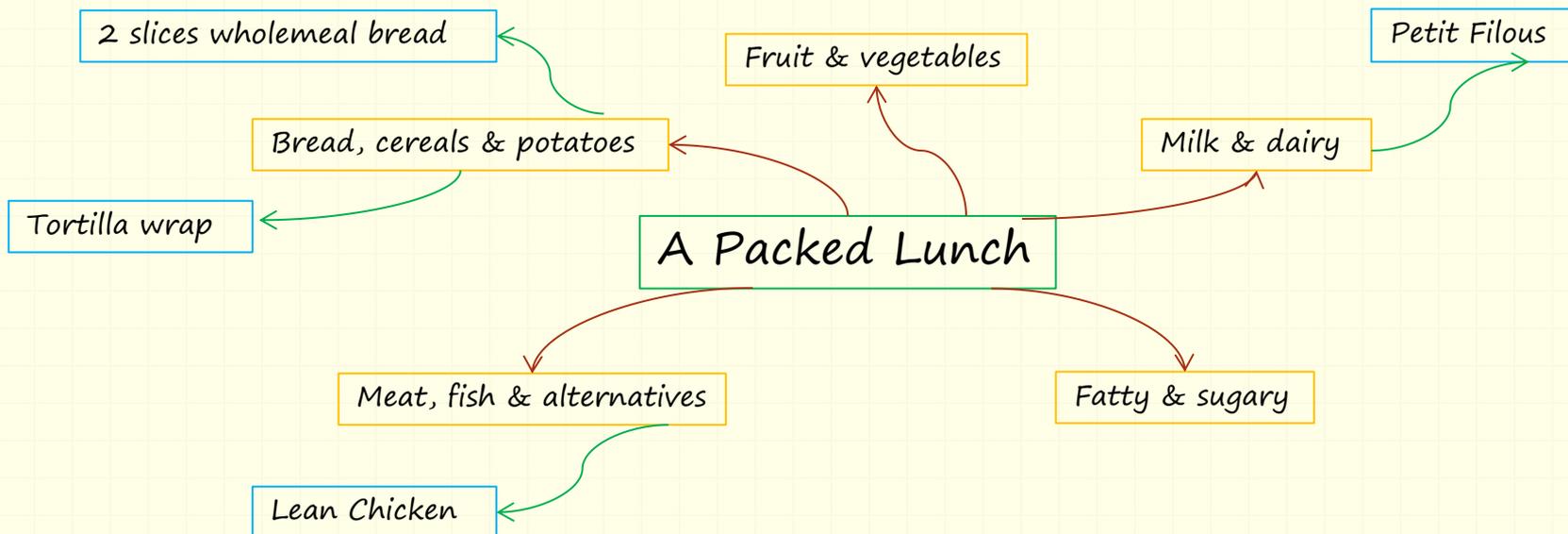
Food Group	Main Nutrients	Types to choose	Portions per day	Suggestions for meals & snacks
Bread, cereals & potatoes	Carbohydrate, fibre, vitamin B, iron	Whole grain, wholemeal, high fibre	FIVE	One portion: 1 bowl of breakfast cereal, 2 tbsp pasta/rice
Fruit & Vegetables	Vitamin c, iron, fibre	A wide variety	FIVE	One portion: 1 glass of juice 1 piece of fruit 2 tbsp vegetables
Milk & Dairy products	Calcium, protein, vitamins A & D	Milk, yoghurts, fromage frais	THREE	One portion: 1 glass of milk 1 pot of yoghurt 1 tbsp of grated cheese
Meat, Fish & Alternative	Iron, Protein, zinc, magnesium	Lean meats, Chicken, beans, fish	TWO	One portion: 2 fish fingers (3 yr old) Baked beans Sm piece of chicken
Fatty & Sugary	Essential fatty acids	Offer SMALL amounts	NONE	Offer but not as a replacement

A Healthy Diet

- o How many portions are recommended of each food group PER DAY?
- o What suggestions for meals and snacks fit into each food group?
- o Why is it important for children to eat a healthy balanced diet each day?

Packed Lunch

- o What IS a PACKED LUNCH?
- o MIND MAP items which COULD go into a child's packed lunch



Planning your Packed Lunch

- o From all the information you have today, produce THREE – FIVE DIFFERENT ideas for a COMPLETE packed lunch to include portions from EACH food group
- o THINK about the portion size
- o How many calories do you think each meal contain?
- o HOW could you make your meal interesting to eat? (Food refuser? Fussy eater?)

Meal Plan

- o Meal One:
 - o Wholemeal bagel
 - o Tuna
 - o Cream cheese
 - o Sliced Cucumber
 - o Portion of grapes
 - o Pear pieces
 - o Carrot sticks
 - o Fresh Orange Juice



o How many portions of each food group is in this meal?

- o Meal One:
 - o B,C,P = 1
 - o F&V = 4
 - o M&D = 1
 - o M,F,A = 1
 - o F&S = 0

Is it balanced enough?