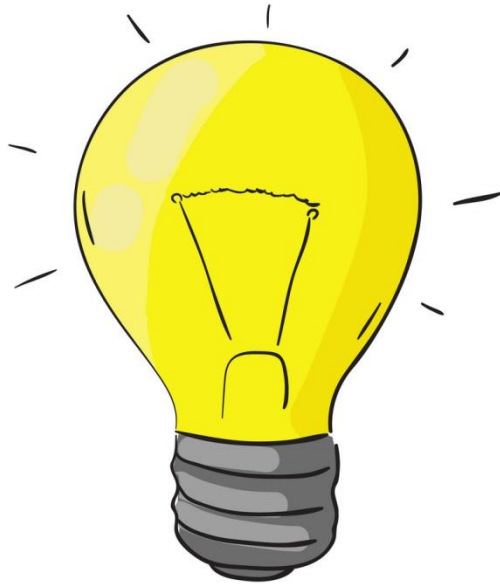


# Nutrition for Children





**1) Understand what is meant by healthy eating**

**2) Understand the different food groups and how they benefit our children's body**

**3) Understand the importance of drinking water**

**4) Understand the benefits of exercise**

# Healthy Eating

Eating a **balanced diet** is an important part of maintaining good health, and helping your child feel their best:

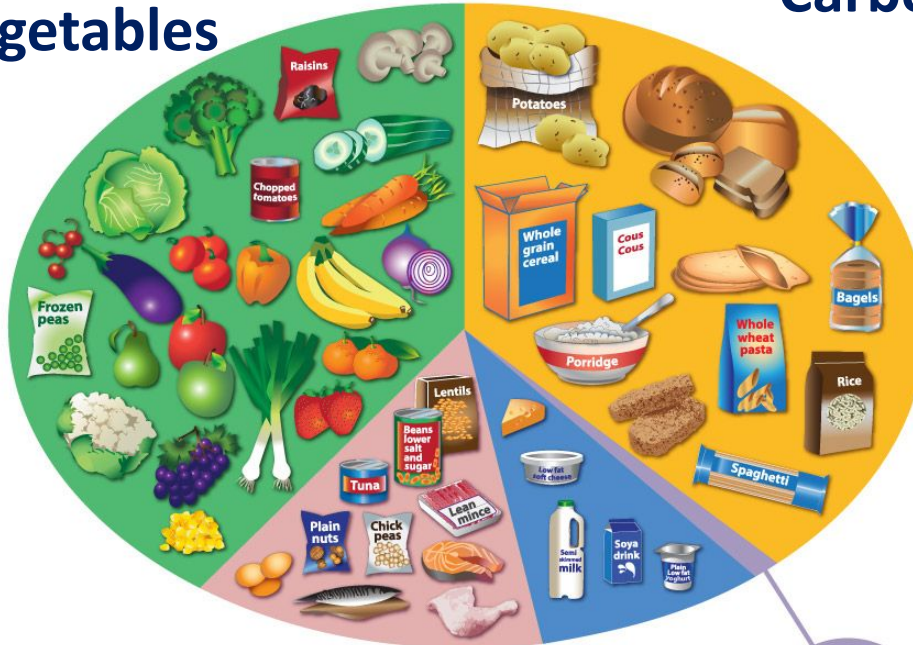
This means:

- eating a wide variety of foods
- consuming the right amount/portion of food and drink to maintain a good level of energy throughout the day



# The 5 Food Groups

## Fruits and Vegetables



## Carbohydrates and Starch

## Fats and Sugars

## Protein

## Dairy

All children come in different shapes and sizes, and will burn calories at different rates! Children between 6 and 12 should aim for 1600 to 2200 every day depending on activity but there is no exact, correct amount!



## **Carbohydrates**

### **Facts on Carbohydrates:**

- 50-60% of a child's calorie intake should be coming from carbs as this gives them long lasting energy.
- They are packed with vitamins and minerals, such as iron and Vitamin B
- Carbohydrates are often rich in fibre which is important for the digestive system



## Fruits and Vegetables:

- Fruits and Vegetables provide us with vitamin C, folate and potassium which is important for cell growth and nerve signalling within the body
- They are rich in fibre which is important for a healthy digestive system.
- All children and adults should be eating at least 5 portions of fruit and vegetables per day



## Facts about Dairy and Dairy Free Alternatives:

- A child should be aiming for the equivalent of 2.5-3 cups per day
- Dairy contains calcium which helps bones and teeth to develop.
- Dairy contains protein which is important for muscle growth and repair.
- Hemp milk is the top dairy alternative for calcium content

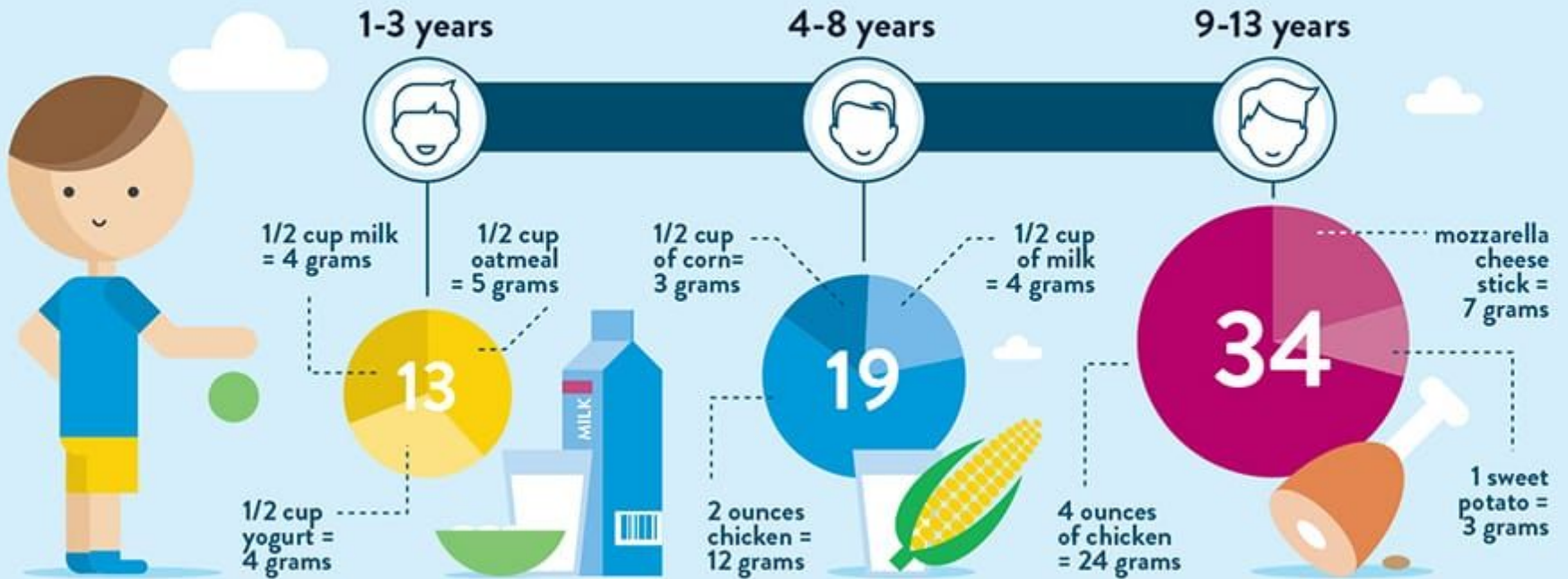


## Facts about protein:

- Protein is important for building and repairing body tissue
- Protein contains vitamins which support brain development
- Fish is an extremely beneficial protein for children's brains – aim for two portions of oily fish per week!
- It is not just animal products which provide protein – nuts and legumes are also great!



# HOW MUCH PROTEIN SHOULD MY CHILD GET EVERY DAY?



Reference: The total grams represent the minimum daily protein intake targets. The National Academies of Sciences, Engineering and Medicine, Dietary Reference Intakes. Protein amounts: <http://ndb.nal.usda.gov/>. Accessed June 27, 2018.

Source: Abbott



## Fats and Sugars:

- A small amount of unsaturated fat is an essential part of a healthy, balanced diet. Fat helps the body absorb vitamins A, D and E.
- Foods high in saturated fats and sugar can lead to obesity, high blood pressure and type 2 diabetes throughout your child's lifetime

# Benefits of Water

The Brain is 90% water - learning and concentration

Our muscles are 73% water - energy and growth  
Water keeps our body at the correct temperature

Drinking water protects bones and provide moisture for our joints

Water helps the skin to feel fresh and look good  
Water helps to get rid of the harmful toxins in the kidneys.

Water helps to maintain our digestive system and bowel function.



5-8 YR OLDS



5  
GLASSES



9-12 YR OLDS



7  
GLASSES



13+ YR OLDS



10  
GLASSES



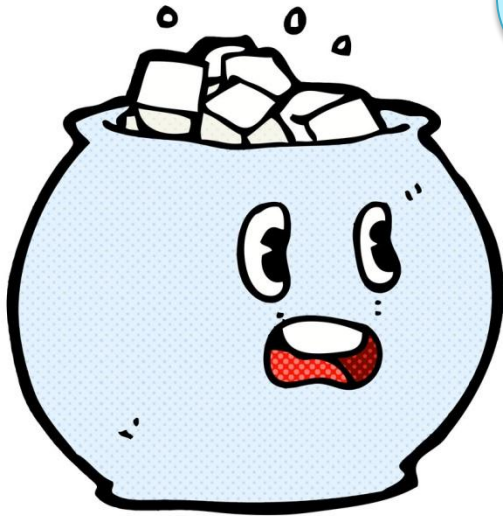
# Sugary Drinks



Often there are lots of hidden sugars in favourite drinks! For example, one bottle of coke has 13.5 sugar cubes in and a large glass of orange juice could have around 7.5.

However a child between 6-10 should be having no more than 6 sugar cubes a day in total!

## Why should too much sugar be avoided?



Eating or drinking too much sugar could lead to obesity and other medical problems such as heart disease

Too much sugar could lead to tooth decay.

Sugar will release too much energy over a short period of time. Other food groups, such as carbohydrates, will give you the right amount of energy for a longer time.

## The importance of regular exercise:

- To strengthen muscles and bones
- To maintain a healthy weight
- To develop co-ordination
- To improve concentration and learning
- To improve sleep
- To feel good and energised!



**AIM: 60 MINUTES  
EVERYDAY**

Children should be doing a mixture of moderate activity and energetic activity.

**Moderate activity:**

Walking to school or walking the dog  
Playing in the playground  
Helping with cleaning or gardening

**Energetic activity:**

Swimming  
Running  
Gymnastics  
Football  
Exercise Videos



Tip: Create an exercise timetable with your family!



**Making small swaps in your family's diet and lifestyle can make a big change to their health...**

Swap certain snacks for a more healthy alternative! For example, you could swap crisps or chocolate for rice cakes or fruit.

Try different sports activities – it can be a great way to develop social skills as well as keep fit.

Swap juice and fizzy drinks for water.



**Look out for the traffic light colours when choosing foods for your family. Healthier foods will have mainly green or amber colours.**

# Fussy Eaters

## Hints and Tips!

- Encourage your child to help cook in the kitchen. Simply being around new food and creating dishes can encourage them to try new things.
- Introduce one new food a week that can be monitored with a reward chart
- Allow children to be messy with their food! Allowing them to touch and smell food can relieve some food fear.





# References

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

<https://www.nhs.uk/live-well/eat-well/how-does-sugar-in-our-diet-affect-our-health/>