

Lesson Entrance

Wednesday 20th November
2024

- **Straight to your seat and sit down in silence**
- **Get desk ready**
- **Write title and date**
- **Prepare for retrieval activity**

Do now - retrieval activity

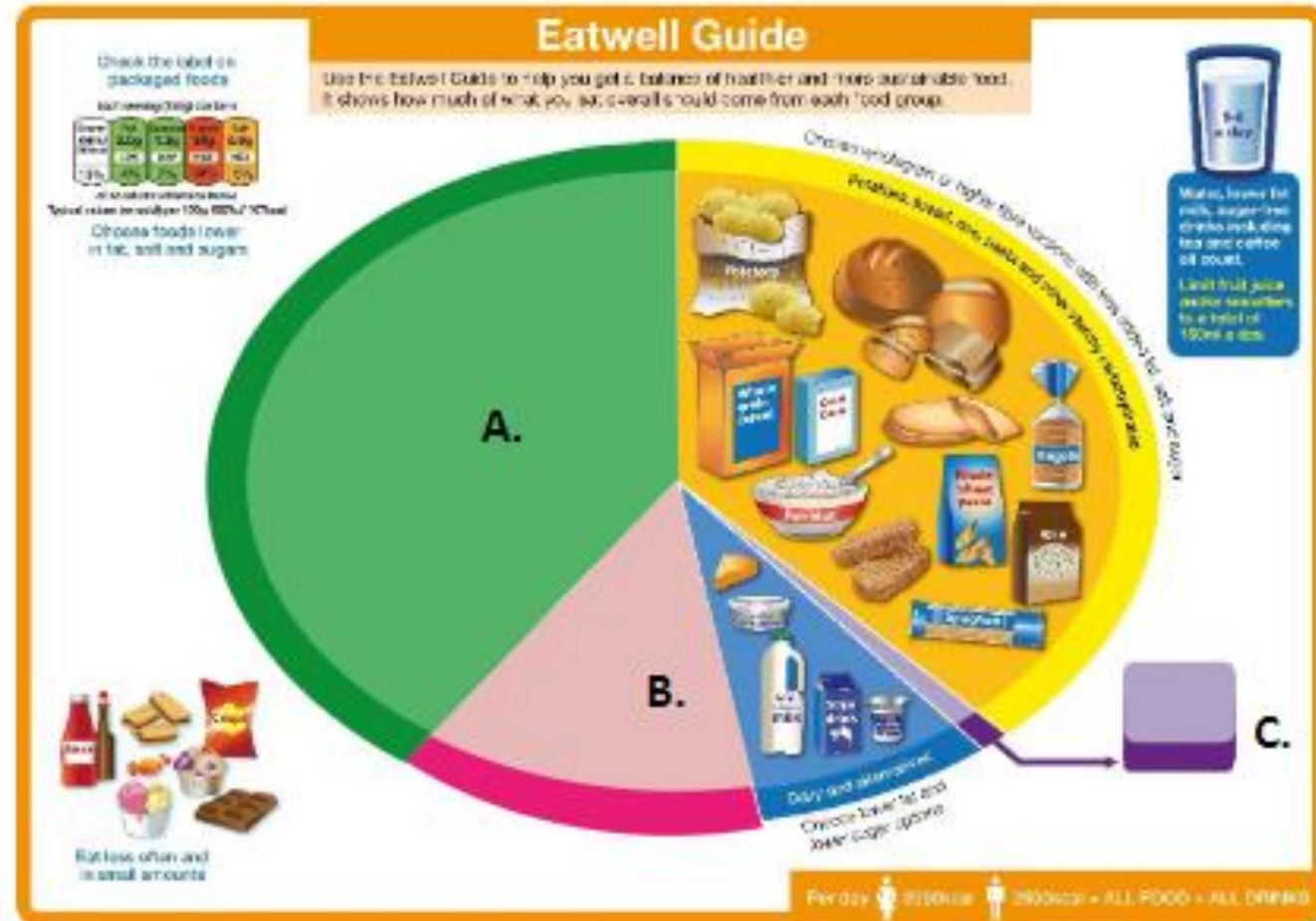
1. Define BMR [1 mark]
2. Define PAL [1 mark]
3. Explain how BMR and PAL affect the total energy expenditure of an individual [1 mark]
4. Explain the dietary requirements of The Elderly [2 marks]



Complete the Eatwell Guide (below) to name and describe the three missing food groups. Then provide a food source you would expect to find in that group.

(3 marks)

Starter:



	Food group	Description	Food source
A.			
B.			
C.			

Revision- Nutritional needs and health

Learning Objectives:

Recall information about nutritional needs

Address any misconceptions

Apply knowledge to exam questions

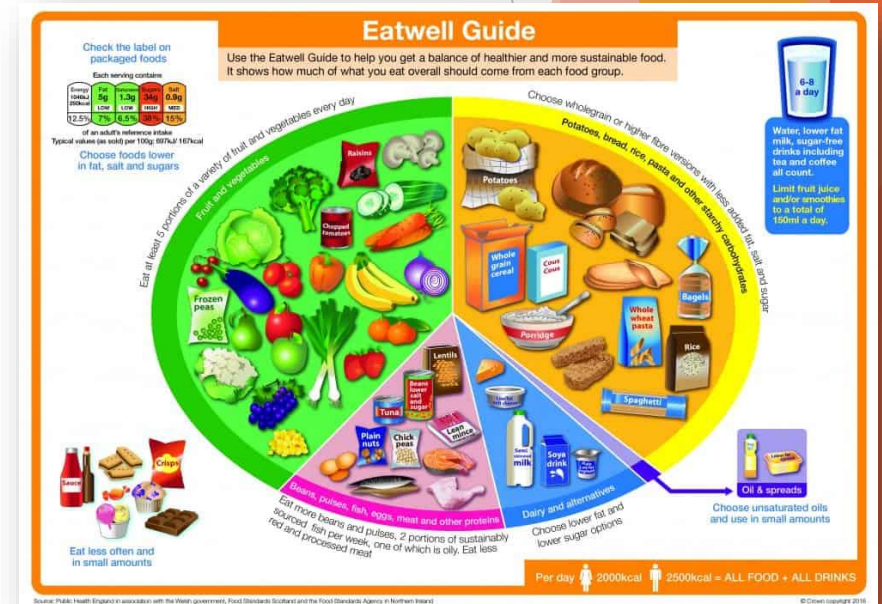
In depth look- Eatwell Guide

- ▶ Public Health England produced the EWG to support the general public in making healthy diet choices
- ▶ They produced 8 'healthy eating tips':
 - ▶ Base your meals on starchy foods
 - ▶ Eat lots of fruit and vegetables (at least 5 portions a day)
 - ▶ Eat more fish- at least one portion of oily fish a week
 - ▶ Cut down on sugar and saturated fat
 - ▶ Eat less salt (6g adults)
 - ▶ Get active and be a healthy weight
 - ▶ Don't get thirsty
 - ▶ Don't skip breakfast

5 a day:

5-a-day is the number of portions of fruit and vegetables that should be eaten on a daily basis.

- 5-a-day includes eating 5 fruit and vegetables from the green segment of the Eatwell guide/as part of a balanced diet.
- provides vitamins, minerals and fibre.
- One portion is 80 g / a handful (30 g for dried fruit)



In depth look- Meal planning/portion size

- ▶ Portion sizes
 - ▶ Children should have smaller plates, to prevent over eating
 - ▶ Teenagers need relatively large portions due to growth spurts and physical activity
 - ▶ Elderly people are less active so don't need to eat as much
- ▶ Cost of food
 - ▶ People should meal plan more to ensure that they are not wasting food
 - ▶ Cost of food has gone up, so ensuring you're getting more for your money and planning is important



In depth look- Young children (1 to 4 years)

- ▶ Children cannot eat lots of food due to small stomachs
- ▶ To ensure they have enough energy throughout the day, they should have snacks and drinks
- ▶ Should have whole milk available to ensure they have enough calcium
- ▶ Regularly try new foods
- ▶ Drink water with meals
- ▶ Sit together as a family to eat, to instil healthy eating choices and routine
- ▶ Fresh fruit and vegetables should be used as snacks rather than biscuits and similar items



In depth look- School children (5 to 12 years)

- ▶ Growing fast and physically active every day, therefore need an increase of calories in their diets
- ▶ Should follow the EWG
- ▶ Reduce the amount of sweet and sugar snacks
- ▶ Encourage trying of new foods
- ▶ Drinks such as diluted fruit juices should be consumed at meal times, due to amount of free sugars, tap water is preferred
- ▶ Avoid junk foods



In depth look- Teenagers

- ▶ Should have a balanced diet- avoid fixation on particular foods.
- ▶ Protein is required due to growth
- ▶ Teenage boys require more protein and calcium due to muscle growth
- ▶ Teenage girls need more iron than boys due to menstruation
- ▶ Need to have enough calcium and Vit D to ensure skeletons are developed appropriately
- ▶ Follow EWG
- ▶ Avoid processed foods and fizzy drinks
- ▶ Main nutrients needed: protein, calcium, Vitamin D, Iron and Vitamin C (absorption), Vitamins A (boys- muscle mass), B vitamins (energy release),.



In depth look- Adults

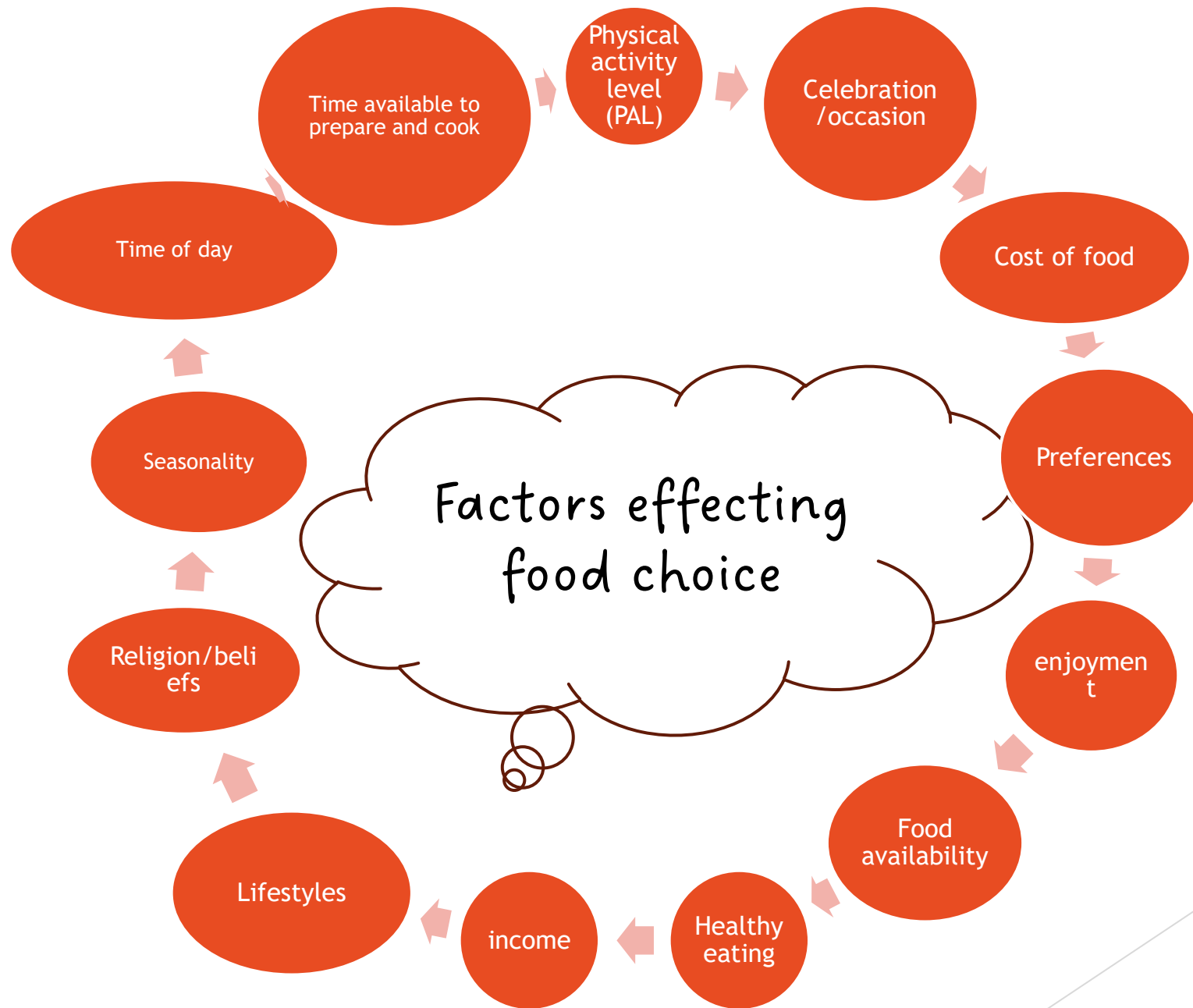
- ▶ Balanced diet, follow EWG
- ▶ Calcium, Vitamin D, keep bones and teeth strong- prevent osteoporosis
- ▶ Iron and Vitamin C- red blood cells healthy by making haemoglobin, prevent anaemia



In depth look- the Elderly (over 65)

- ▶ Balanced diet, follow EWG
- ▶ Avoid sugary, fatty foods due to being energy dense- less active
- ▶ Ensure lots of anti-oxidants (prevents heart disease and some cancers)
- ▶ Keep up Vit D and calcium to prevent **osteoporosis**
- ▶ Eat more fibre- to ensure digestive system keeps working well (**diverticulitis**)
- ▶ Need Vit C, to ensure body absorbs iron
- ▶ High blood pressure common in elderly- reduce salt intake.





Plenary- Exam question

Lisa wants to maintain a healthy body weight and stay fit.

i) What foods should she avoid? Give two examples. (1 mark).

ii) What foods should she eat in larger amounts? Give two examples.

(1 mark)

iii) What else can she do to keep her body fit? Give one example.

(1 mark)

Mark Scheme

i) Any two from: (1 mark for all correct, max. 1 mark)

sugary and savoury snacks fast foods sweets sweetened beverages
highly processed foods deep-fried foods

ii) Any two from: (1 mark for all correct, max. 1 mark)

fresh fruit and vegetables wholegrain bread brown rice wholegrain pasta Legumes

iii) Anyone from: (1 mark for any correct, max. 1 mark)

Be physically active (to increase the amount of energy used, and limit the amount of energy stored in the body).

Drink sufficient amounts of water (to increase the feeling of satiety, enable the dietary fibre from food to work properly, and prevent dehydration).