

Meat and vegetable proteins health essay

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**ASSIGN
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The Complete Childcare Level 3
Assignment 6
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6. 1 Explain the five food groups, giving at least three examples of each.

We can put all foods into one of the following five food groups:

Meat and vegetable protein

Milk and dairy products

Fruit and vegetables

Carbohydrates

Fats and Sugars
A good balanced diet is made up of the all five food groups and we have to remember that our body also needs plenty of water.

Meat and vegetable protein

This group contains meat, fish and eggs as well as vegetable protein, nuts, beans, peas, lentils, dahl, Quorn and soya. These foods give us protein, iron (mineral) and some other minerals and vitamins. This helps the body to grow and repair itself. They are like building blocks for the body. Meat is a very good source of iron. We should eat two to three servings of these every day. One portion of meat or vegetable protein in our diet could be for example: two slices of cold ham, turkey and chicken; one medium chicken breast; two

sausages; three bacon rashers; one beef burger; one fillet of fish or fish steak; one small can of tuna or salmon, mackerel, sardines; four fish fingers; one cup of cooked lentils or beans; half a large can of beans, chickpeas or lentils; a 100g portion of Tofu or Quorn (no meat option – vegetarians)

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Milk and dairy products

This group contains milk, yoghurt, fromage frais, milkshakes, cheese – both hard cheese and soft cheese including soft cheese triangles. These foods contain protein and calcium (mineral) and some vitamins like vitamin B12, vitamin A and vitamin D. Dairy products keep our bones and teeth healthy. The body absorbs the calcium in dairy foods easily. We should try and eat three servings of these a day. One portion of milk and dairy products will be for example: one glass of milk; one pot of yoghurt or fromage frais; one matchbox size piece of cheese or two triangles; half a tin of low-fat custard.

Fruit and vegetables

This group includes fresh as well as frozen, tinned, and dried and juices of fruits and vegetables. Fruit and vegetables give us lots of vitamins and chemicals called antioxidants which keep us healthy. These can even stop us getting some illness like i. e.: cancers. They also contain fibre to keep our digestive system healthy. Because fruit and vegetables are low in calories and high in fibre (which keeps kids and adults feeling full) eating plenty will help control our weight. It is important to eat a wide variety of fruit and

vegetables. This way we get the whole range of all the important nutrients these foods give. We should eat at least five portions of fruit and vegetables a day.

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One portion of fruit and vegetables contain for example: one apple, orange, pear or banana or similar sized fruit; two smaller fruits such as plums, satsumas, and kiwi fruit; a handful of very small fruits such as grapes, cherries or berries; half to one tablespoon of dried fruits such as raisins, prunes or apricots; a slice of large fruit such as a piece of melon or a slice of pineapple; three heaped tablespoons of raw, cooked, frozen or canned vegetables; a dessert bowl of salad.

Carbohydrates

This group contains starchy foods such as pasta, rice, oats, potatoes, noodles, yam, green bananas, sweet potato, millet, couscous, breads, breakfast's cereals, barley and rye. Carbohydrates give us energy, calcium (mineral) and B vitamins. Wholegrain ones give us lots of fibre to help keep the digestive system healthy. Many breakfast cereals also have extra iron (mineral). A healthy diet would include 3-5 servings of carbohydrate a day. These portions should be spread throughout the day and eaten with every meal, including snacks. One portion of carbohydrate is for example: one slice of bread, one roll or half a pizza; six tablespoons of breakfast cereal or porridge; four whole-wheat crisp breads; six tablespoons of pasta, rice, millet

or couscous; two small new potatoes; two tablespoons of mashed sweet potato.

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Fats and Sugars

This group contains butter, margarine, cooking oils, cream, salad dressings, chocolate, crisps, sugary soft drinks, sweets, jam, cakes, pudding, biscuits and pastries. These foods give us a lot of energy (calories) but not many nutrients. Junk foods are often high in fat, sugar and salt. It's extremely important not to have too many foods from this group too often.

6. 2 Analyse at least four main long-term benefits of a healthy life style.

What is a Healthy Lifestyle?

A healthy lifestyle is one where we make conscious decisions throughout the day that benefit our emotional and physical well being. When we talk about a lifestyle, we are talking about a way of living and not just doing periodic activities such as a particular exercise or eating a healthy meal during a day. A true healthy lifestyle requires making good choices in all the areas of our life; choices for ourselves and for our family – our children. We have to remember that a good, healthy lifestyle is a comprehensive plan that impacts every area from what we eat for breakfast to how well we and our children sleep. By taking care of our health, we are also better able to take care of our children. It is a lifestyle that includes regular exercise, healthy

nutrition and a stress reduction plan/happy approach to life. This sounds like a lot to add to an already full family schedule, but a healthy lifestyle is not something we "add". It is something we live each minute of our day.

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A healthy lifestyle pattern meaning being normal weight, having low belly fat, participating in regular physical activity, limiting exposure to second-hand cigarette smoke, and consuming higher amounts of fruits and vegetables in a long term benefit in reduced mortality - premature death and chronic diseases or cardiovascular diseases. Long term benefits of exercise would include strong muscles, strong bones, and child less likely to become overweight. Getting regular exercise is critical to good health. Children in pre-school age are very active but with older children (where TV, computer games, mobile phones are present) the task of getting them active becomes very difficult. We don't have to join a gym if we are unable to get away from home or simply cannot take the time to attend. There are plenty of ways to incorporate exercise into our day i. e. dancing, action rhymes, musical chairs or status (younger children); obstacle exercise routines (if we are lucky to have the space inside of our house). An exercise program should include (for adults and older children - teenagers) both strength training and aerobic exercise. By building strong muscles and a healthy heart we reduce our chances for developing disease later in life - especially those common to women such as osteoporosis. We can incorporate exercise easily by adding daily walks (walk to school with children) or learning to take the stairs

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instead of the elevator, parking our car further the car park when we go to a supermarket. By doing that we and the children are less likely to become overweight and have lower blood pressure. Exercise is like giving our body a big embrace that says, " I love me!" - We have to remember that.

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Long-term benefits of good nutrition in our diet would include a healthy, strong body; lower blood cholesterol and proper body mass index. A healthy lifestyle is one that provides our body with the nutrition it needs at the cellular level. The current research is amazing in that it is uncovering the deep dark mysteries of how each cell in our body works. What the research shows is that we have to make healthy food choices every time we eat. Good nutrition means eating a balance of carbohydrates, proteins and healthy fats (low-fat food for adults). We also need to eat a variety of carefully selected foods that supply the essential vitamins and minerals needed to fight diseases and fast aging process. Good nutrition is an integral component of a loving plan to care for our body as well as our children bodies. By doing that we are less likely to become overweight. Long term benefits of relaxation would include calm and healthy outlook on life. A healthy lifestyle is not complete unless we also take time to caress our spirit weekly through relaxation techniques. We don't have to spend thousands at a local spa, because we can bring the spa to our home. There are many aromatherapy spa health products that promote a sense of well being. But relaxing tactics also include doing the things we enjoy in life whether it is playing with our

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children, reading a book or gardening. Good, quality time spent with our children, listening to them with our full attention and love. Some people find peace in prayers. So what is it this healthy lifestyle and its long term benefits? It is a balance of everything - exercise, nutrition and relaxation time, which provides us with strong physical and mental health throughout our life.

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6. 3 Summarise examples of child's diet which could affect him/her in adulthood.

As a part of children's day to day care, early years workers (nursery workers, childminders and nannies) may be involved in preparing and giving children food and drinks. Food is so much part of everyday life, that we tend to take it for granted, but without food we cannot live. Food that children eat is especially important as it helps them to grow and gives them energy to develop. Scientists nowadays have also found that the food we eat in our childhood may affect us, our health in later life. A healthy diet in childhood is one of indicator of high life expectancy. We have to remember that food is fun as well as pleasure so mealtimes can bring opportunities for children to socialise. For the body to function well it needs nutrients. We have five types of nutrients: Fats (benefits for the body – energy and fat are needed for the body to absorb vitamin A and D; examples of food: butter, oil in olives, fat present in meat, fish and also dairy products), Carbohydrates (benefits to the

body - mainly energy; examples of food: bread pasta, flour, potatoes, bananas, vegetables),