

Meat and vegetable protein milk and dairy products health essay

[Environment](#), [Air](#)



Mrs Nicola Dejong
Student No: NC36066
The Complete Childcare Level 3
Assignment 6
Address: 8, Wyresdale Crescent
Perivale, Greenford, Middlesex
UB6 8TQ

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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

Protein is found in fish, meat, and eggs, vegetable protein is found in soya, nuts, , peas , beans, lentils, dahl, and Quorn. These foods give us, iron (mineral) and protein including other minerals and vitamins. Serving the body to grow and repair its self, being the building blocks for our bodies need. Meat is a very good source of iron. We should eat two to three servings of these every day. To obtain a portion of meat or vegetable protein into our diet, a good example could be, two slices of turkey , chicken or ham,

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

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Milk and dairy products

This group includes milk, milkshakes, cheese yoghurt, fromage frais, including hard cheese and soft cheese. Dairy products contain protein and calcium (mineral) and including vitamins like vitamin A, vitamin D and vitamin B12. Dairy products help keep our bones and teeth healthy. Our bodies can absorb the calcium in dairy foods without difficulty. We should all try eating 3 servings of this group each day. You can achieve one portion of milk or dairy products a day by having, a glass of milk, eating a small piece of cheese, having yoghurt, or low-fat custard.

Fruit and vegetables

This group includes fresh and frozen items, fruit juices and vegetables, dried fruit. Our bodies extract vital vitamins and chemicals called antioxidants from fruit and vegetables which keep us healthy. These can even stop us getting some illness like certain cancers. They also contain fibre to keep our digestive system healthy. Because fruit and vegetables are high in fibre and

low in calories (keeps kids and adults feeling full) eating plenty will help control our weight. Consuming a broad variety of fruit and vegetables, gives us all the important nutrients these foods provide. Eating at least five portions of fruit and vegetables a day is highly recommended.

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One portion of fruit and vegetables could consist of, one piece of fruit, such as a apple, banana, orange, or pear or similar sized fruit, a handful of grapes, cherries or berries, plums (2 x small pieces) and the same with, satsumas, or kiwi fruit, a large slice of melon or pineapple, some dried fruits such as raisins, prunes or apricots, a dessert bowl of salad. 3 heaped tablespoons of vegetables raw, cooked, frozen or canned.

Carbohydrates

This group contains starchy foods which include rice, potatoes, oats, pasta, noodles, green bananas, yam, breads, sweet potato, couscous, breakfast's cereals, barley, millet, and rye. Carbohydrates give us energy, calcium (mineral) and B vitamins. Wholegrain products give us lots of fibre to help keep our digestive system healthy. Breakfast cereals can have extra iron (mineral). A healthy diet should include up to 3-5 servings of carbohydrate a day. Each portion should be taken during the day and eaten with every meal, not forgetting snacks. One portion of carbohydrate can include 1 small piece of fresh fruit, cup of canned or frozen fruit, 1 slice of bread, 4 ounces of

juice, ½ cup of peas or beans, ¼ of a large baked potato, ½ cup mashed potatoes.

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Fats and Sugars

This group contains cooking oils, butter, margarine, cream, salad dressings, chocolate, crisps, sugary soft drinks, sweets, cakes, jam, and anything that is usually nice to eat. A diet high in sugars, especially refined sugars, is bad for health, these foods give us lots of energy (calories) but not many nutrients. Eating too much junk food which is high in fat, sugar and salt's not advisable as too often the calories will make you gain weight.

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

What is a Healthy Lifestyle?

A healthy lifestyle is where we are aware that the decisions we make throughout the day will benefit our emotional and physical well being. When we talk about a lifestyle, we are talking about the way we live, a true healthy lifestyle requires making good choices in all the areas of our life including our working and social life, choices for ourselves and for our family. Do we take our hearts for granted, Do we pause to think how amazing our hearts are? Our hearts pump approximately 4 litres of blood throughout our bodies every minute. A good healthy lifestyle is a complete plan that affects every

area from what we eat for breakfast to how well we and our children sleep. By taking care of our health the benefits will be seen in quality of life we will have and share with our children. A healthy lifestyle will include healthy intake of nutritional food, regular exercise and a stress reduction plan / happy approach to life. More things to add to an already busy family schedule, but a healthy lifestyle is not something we " add", but something we have to work towards.

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A healthy lifestyle pattern means being between normal weight levels, having a good BMI (body mass index), 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. Being physical and getting regular exercise is key to good health. Children in pre-school age are very active but with older children (where the weather, TV, computer games, mobile phones are present) the task of getting them active becomes very difficult. We don't have to join a gym to be more physical there are plenty of ways to incorporate exercise into our day i. e. housework, dancing, gardening, up and down the stairs, 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 aerobic exercises (also known as cardio), and strength training.(the use of resistance to induce muscular contraction) building strong muscles and a healthy heart we reduce our chances for developing disease later in life. We can gradually introduce exercise into our daily life by adding walks (walk to school with children or work) taking the stairs when ever possible instead of the elevator, parking the car further away when we go to the supermarket. By adding small changers we and our children are less likely to become overweight which in turn helps lower our blood pressure.

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Long-term benefits of good nutrition in our diet would include a healthy, strong body, lower blood cholesterol and achieve a proper body mass index (BMI). A healthy lifestyle is one that provides our body with all the nutrition it needs. With a better understanding on how each cell works in our body's research shows that we have to make healthy food choices to maintain healthy organs every time we eat. Good nutrition means eating a good mix of carbohydrates, proteins, and fats (low-fat food for adults). We also need to eat a variety of foods that supply the necessary vitamins and minerals needed to fight off diseases. Good nutrition is an essential feature of a 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 go to our local spa, as we can purchase and use in the comfort of our home, 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 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 and 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),

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proteins (benefits for the body - energy and growth and repair, examples of food: proteins found in meat, fish, soya, and dairy products they can be absorbed by themselves by the body and proteins found in vegetables - peas, beans, lentils need to be eaten in combination with other food so the body can absorb them.

Mineral elements

I. e. iron - helps body to carry oxygen, iron can be found in red meat, broccoli, spinach, plain chocolate, egg yolk. Calcium and phosphorus - are responsible for bones and teeth repair and maintenance, products which contain them - milk, cheese, yogurt. fluoride - responsible for forming and maintaining teeth, can be found in sea fish, added into some water, often taken in by the body through toothpaste.

And vitamins

Vitamins A - responsible for maintaining skin and good vision, can be found in cheese, margarine, apricots, and fatty fish. Vitamins B group - responsible for growth and development, can be found in bread, flour, meat, yeast, pasta, rice, noodles. Vitamin C forming bones, teeth and blood vessels, helps with body immune system, can be found in fresh fruits and greens i. e. oranges, kiwis, potatoes, blackcurrants and cabbage. Vitamin D - needed for bones and teeth can be found in dairy products like milk, cheese, yogurts, and fish. Vitamin K - helps blood to clot can be found in green vegetables i. e. spinach, broccoli and peas.

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Vitamin E - gives the body protection from cancer, heart disease, can be found in vegetables oils. Greens leafy vegetables, milk and nuts. In addition, the body needs water, which is not strictly classed as nutrient. To obtain all the nutrients the body needs we have to take in a range of foods - it is called a balanced diet. At different time in our lives our bodies may need different nutrients for example children when they are growing, adolescents during growth spurts, women during pregnancy and breastfeeding. The role of nutrients is to provide the body with material for growth and repair and also to provide the body with energy. Nutrients work with each other for example: Calcium and vitamin D - calcium is absorbed by the body only if it is taken with vitamin D. If children do not have enough calcium and vitamin D in their

diets there is a risk of a disease called rickets which affects children's bones. Iron and vitamin C - iron which is important for the blood is more easily absorbed in the body when vitamin C is present. Lack of iron causes a condition called anaemia (one of the symptoms is tiredness). Vegetable proteins - vegetable proteins which are found in foods such as pulses, lentils, corn and barley can be absorbed by the body only if more than one of them is eaten. (Vegetarians must combine vegetables for example beans on toast, pulse and bean stew).

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Diets which not provide enough nutrients may cause in children malnutrition (one or more nutrients are lacking from a diet) or under nutrition (people are not getting enough quantities of food). The common symptoms in children are, tiredness, lack of energy, mental alertness, failure to gain in height and weight, lowered resistance to infection e. g. colds, sore throats, bleeding gums, poor skin and hair condition. Although undernutrition and severe malnutrition are extremely rare in western countries our diets and lifestyle can often cause other problems like obesity or heart disease. The energy that food gives us is measured in kilo calories. In order to have enough energy we must eat enough food. The amount of food we take in should vary accordingly to our age and our lifestyle. This means that a man who works in a factory as a manual worker (as he uses up more energy) will need more calories than a man of the same age who works in an office. As children are

growing their requirements for energy are high. For example a 4-6 months boy will need about 690 kilo calories a day; a 10-12 month boy will need 920 kilo calories a day; 4-6 years boy will need 1715 kilo calories a day and a grown up man 19-50 years will need 2550 kilo calories a day. The best way to feed children is to plan a balanced diet - it is important to consider what children will be eating over a number of days. A balanced diet needs to be varied to ensure that the body gets all the nutrients it needs. It is also important that children develop a range of tastes, otherwise they will find it very difficult to like some new foods. Some groups of foods are particularly good for children and can be used regularly when planning a menu for them.

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These include, fresh fruits and vegetables, fresh fish, meat and poultry, fresh dairy products and eggs, pulses i. e. rice, beans, lentils. The key to planning a balanced diet is to make sure that children eat a variety of foods - fresh foods when possible. We have to remember that some children may have allergies for food i. e. nuts or may have religious preferences i. e. no pork or halal meat only. Drinks are also very important for children - water is extremely needed by the body, our body weight is two-thirds water. The best thing to drink is water, diluted juices, or milk. We have to remember that dehydration (lack of water in the body) is dangerous particularly in children. This means that children should be offered drinks frequently, especially in the summer or after P. E. We should avoid giving children salt (too much salt

can affect water balance in children bodies and later in life cause high blood pressure, uncooked eggs (risk of salmonella which is a type of food poisoning).

6. 4 Analyse the principals of exercise for children.

Physical exercise is an essential part of everybody's lives as it provides both physical benefits and social and emotional benefits. Regular exercise is especially important for children because it promotes healthy growth and development. It is also increasing self esteem and improves social skills.

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Physical benefits could include, strengthening muscles, helping to develop the lungs by deep breathing, improving co-ordination and balance and body awareness, good posture, helping to prevent the build up of body fat - fat used for energy, burnt out, better sleep, improving appetite and digestion system, improved circulation by strengthen heart muscle. Social, emotional and cognitive benefits of exercise could include, team play -sharing, turn taking, working together, giving a chance for adventure, challenge and an opportunity to take risks in a safe environment, active physical play is also known to improve and influence the way children learn, also encouraging achievements and sense of purpose helps to raise self-esteem and self-confidence, providing an opportunity to release tension, make lots of noise and used up plenty of energy constructively. Children need plenty of opportunities to practise the physical skills they have already achieved, so it

is important to supervise children and ensure their safety giving assistance only when required.