

Five major food groups

[Nutrition](#)



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Question 1- Five Major Food Groups Fruit Vegetables, legumes Lean meat, fish, poultry, eggs, nuts, legumes Bread, cereals, rice, pasta, noodles Milk, yoghurt, cheese. How many serves children and adolescents need each day? Children and adolescents | Bread, Cereals, rice, pasta, noodles | Vegetables, legumes | Fruit | Milk, yoghurt, cheese | Meat, fish, poultry, eggs, nuts, legumes | Extra foods | Children 4-7 years | 3-4 | 4 | 2 | 3 | 1/2 - 1 | 1 - 2 | Children 8-11 years | 4-6 | 4-5 | 1-2 | 3 | 1 — 1 1/2 | 1 - 2 | Adolescents 12-18 years | 4-7 | 5-9 | 3-4 | 3-5 | 1-2 | 1 - 3 | How many serves women need each day? Women | Bread, cereals, rice, pasta, noodles | Vegetables, legumes | Fruit | Milk, yoghurt, cheese | Meat, fish, poultry, eggs, nuts, legumes | Extra foods | Women 19-60 years | 4 - 6 | 4 - 7 | 2 - 3 | 2 - 3 | 1-1 1/2 | 0-2 1/2 | Pregnant | 4 - 6 | 5 — 6 | 4 | 2 | 1 1/2 | 0-2 1/2 | Breastfeeding | 5 - 7 | 5 | 2 | 2 | 2 | 0-2 1/2 | 60+ years | 3 - 5 | 4 - 6 | 2 - 3 | 2 - 3 | 1-1 1/2 | 0 - 2 | How many serves men need each day Men | Bread, cereals, rice, pasta, noodles | Vegetables, legumes | Fruit | Milk, yoghurt, cheese | Meat, fish, poultry, eggs, nuts, legumes | Extra foods | 19-60 years | 5 — 7 | 6 — 8 | 3 — 4 | 2 — 4 | 1 1/2-2 | 0 - 3 | 60+ years | 4 - 6 | 4 — 7 | 2 - 3 | 2 - 3 | 1-1 1/2 | 0-2 1/2 |

Healthy Menu Healthy Menu Question 2a- Day 1 Breakfast High fibre cereal with low fat milk and 1 banana Morning tea Kiwi fruit Lunch Chicken and Avocado Sushi Afternoon Tea Orange Dinner Grilled Garlic Prawns Day 2 Breakfast Homemade pancakes Morning tea Apple Lunch Fresh fruit salad with low fat yoghurt Afternoon Tea Passionfruit Dinner Roast chicken wrap with lettuce, tomatoes, onions, and olives. Question 2b- Why my Menu is Healthy The cereal gives a lot of fibre and you get calcium from the milk with less fat. The banana gives good source of vitamin B6 and potassium. Kiwi fruit contains about as much potassium as bananas and is rich in vitamins A,

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C and E. Chicken and avocado sushi gives you an excellent amount of healthy nutrients. They both give you a lot of nutrients, for example chicken gives you tryptophan, vitamin B3, protein, selenium, vitamin B6 and phosphorus. The avocado gives you very high protein, potassium, folate, fibre, vitamins B and vitamin E. The seaweed is high in mineral and vitamin content. Finally we all know that rice is indeed healthy, excellent source of energy, carbohydrate, protein, dietary fibre, vitamins and minerals. We all know that oranges are the highest source of vitamin C, but there are other healthy nutrients like dietary fibre, folate, vitamin B1, potassium, vitamin A and calcium. Prawns contain a brilliant amount of tryptophan, selenium and protein while also having a moderate amount of vitamin D, vitamin B12, iron, phosphorus, omega 3, vitamin B3, copper and magnesium. Pancakes provide a decent amount of carbohydrates, protein and fibre. One of the healthiest fruit, apples has a rich source of dietary fibre. It also has a moderate amount minerals and vitamins. Fresh fruit salad is probably one of the healthiest meals to have containing a high source of nearly every nutrient. Yogurt is a high-quality protein and excellent source of calcium. Yogurt is nutrient rich because it is an excellent source of vitamins and minerals for its calories. It is also an excellent source of potassium, having the same amount as a banana. Passionfruit are a rich source of vitamin C and a good source of vitamin A, iron, and potassium. The seeds are an excellent source of fibre. Like I mentioned before chicken is high in protein and has a plenty of vitamins and minerals in them. Lettuce has a ton of nutrients in them; it contains loads of vitamin A & C, potassium, calcium, iron and has a tiny amount of protein. Tomatoes is high a quite a lot of vitamins especially C & A. It has small amounts of many minerals. The onions contain a decent source of chromium,

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vitamin C, dietary fibre, manganese and vitamin B6. And lastly olives contain a rich source of iron, vitamin E, dietary fibre and copper. Bibliography *

<http://www.whfoods.com/> * <http://www.google.com.au/imghp?hl=en&tab=wi> * <http://www.healthactive.gov.au/> * en.wikipedia.org/ * http://www.readyed.com.au/healthy/the_food_groups.htm *

http://adipexpower.com/five_major_food_groups.html Question 3- What are the physical/psychological consequences to an adolescents if they: a) -whens kids skip meals they cannot concentrate mentally and may become emotionally weak? It's not healthy for adolescents to skip meals as they are at a growing stage in their lives and need to have regular healthy meals. Skipping meals only means that adolescents will get hungry later and fill up on snacks or junk food, which is not only unhealthy but stops teenagers from getting the nutrients they need from full meals, rather than snacks throughout the day. b) Eating away from home (such as fast foods) often lack the nutrients that's adolescents require at this growing stage in their lives. It will not only affect adolescents physically as they will be eating excess fats which their body does not require, but also economically as they will be paying regularly to outside food when they could be making their own lunch/dinner to help save money. They will also be drinking less water as they will be drinking more soft drink. c) The drugs, alcohol and cigarettes will affect them emotionally and mentally while also damaging their organs. It will change their attitude and mood and the way they act to different people. It will also shorten their life. d) Pregnancy will affect teenagers physiologically as they can't deal with the stress put on them on such a young age and they can't take care of the child and so this impacts on not only the teenager themselves, but also their offspring. Furthermore, the <https://assignbuster.com/five-major-food-groups/>

massive stress placed on both the girl and the guy on such a young age may cause them to make decisions such as aborting the baby's birth or putting it up for adoption which they normally wouldn't want to do. e) If teenagers are vegetarian from a young age it may be difficult for them to get the full amount of iron, zinc, omega-3, B vitamins and protein they need for growing at this stage in their life and thus it will impact on the amount of nutrients their body needs to perform at its best. Not getting the required amount of nutrients means that the mind cannot concentrate or think straight

Vegetable Group Vegetable Group Milk, yoghurt and cheese group Milk, yoghurt and cheese group Meat, poultry, fish, dry beans, eggs and nuts Meat, poultry, fish, dry beans, eggs and nuts Fruit Group Fruit Group Fats, oils and sweets Fats, oils and sweets Bread, cereal, rice and pasta Bread, cereal, rice and pasta Alcohol can do extensive damage to growing adolescent minds and body. Alcohol can do extensive damage to growing adolescent minds and body. Getting pregnant during adolescent years can affect teenagers both mentally and physically. Getting pregnant during adolescent years can affect teenagers both mentally and physically. Food for Special Needs Food Technology Assignment Food for Special Needs Food Technology Assignment