

Food groups

[Food & Diet](#), [Cooking](#)



Food groups | Outline the nutritional requirements of a healthy diet for children and young people. | Describe examples of healthy meals and snacks

| | Bread, other cereals and potatoes | Children need carbohydrates to give them energy as they are very active. | One carbohydrate meal could be :

Baked potato: Bake a potato in the oven prick the potato a couple of times with a fork before putting it in the oven. Leave in the oven for 10 minutes when fully cooked you can put any filling inside i. e. tuna or cheese etc. | | Fruit and vegetables | Children need fruit and veg as they need vitamins . they need vitamins to keep their skin healthy. | Vegetable soup: With vegetable soup you can add any type of vegetable i. e. tomatoes dice the tomatoes. Put the olive oil or butter into a pan and leave to cook if you would like more flavour add garlic or onion. Once cooked add wine or stock and leave for an hour to cook. | | Milk and dairy food | Calcium to make their bones and teeth healthy as they are growing. | Pasta and cheese: Fill a pan half way with water and add the pasta leave to boil for 10 minutes. Grate the cheese add to the pasta. | | Meat , fish and alternatives | Children need protein to develop muscles and strength. | Fish pie: Choose a type of fish you would like to make the fish pie with cook the fish add water and milk in the baking tray with the topped up fish cook for 5 — 8 minutes. Once the fish has cooked add any vegetables to the fish mix the fish and vegetables into mash and put in the oven for 40 minutes. | | Fatty and sugary foods | Children need small amounts of sugar and fats in their diet. | Ice cream: 3 vanilla pods 568ml whole milk 50g skimmed milk powder 4 egg yolks 90g caster sugar mix together and put in the freezer till ready to eat. Add fruit | |