# Nutrition and healthy eating essay sample

Nutrition

Research the current government guidance on nutritional needs and healthy eating, for example: – The Eatwell plate. Produce a week's menu showing balanced meals, snacks and drinks for children in their early years following the current government guidelinesEnsure you have included cultural preferences and for various allergies. For this question you need to research what the government guidance is on children's nutritional needs and healthy eating: It would be worthwhile to research and describe: The Eat well Plate, 5 a day, Children's Food Trust, The Food Standards Agency – As these are the government guidance. By researching and describing the above you then will have the knowledge to produce your Menu. You need to include: MON, TUE, WED, THUR, FRI and also: Breakfast, Snack, Lunch, Snack, Tea including drinks. Please also ensure your Menu is including cultural preferences (give examples) and for various allergies (give examples)

Explain how to prepare and store food, formula and breast milk safely according to health and safety guidelines Explain about the requirements of The Food Safety Act (regulations)Identify what foods are within the kitchen at your setting and state how these are stored safely. Explain the following for formula and breast milk:- • How and when made• How long it can be left for• When to dispose • How to store• Where it can be stored• How long can be storedInclude within your answer, how food is prepared according to health & safety guidelines?(give examples- colour coded chopping boards etc) How is food stored according to health & safety guidelines? – Give examples of where food in your kitchen is safety stored to ensure it meets the health & Safety guidelines? What is the Food Safety Act? Complete the bullet points for Formula and Breast milk. EYMP 3 – Why it is important to

follow the carer’s instructions in respect of their child’s food allergies or intolerances. How would you recognise and respond to an allergic reaction? Why do you need to follow instructions off parents regarding a child’s allergies or intolerances? What signs would indicate an allergic reaction? Give examples, and how would you deal with each of these? EYMP 3 – 5. 3 Produce a table in which you explain the dietary requirements of each of the following cultures. • Hindu• Muslim• Christian• Jewish• Sikh • Buddhist• Rastafarian For each of the cultures above please state their