Design a meal for a 4-11 year old child that meets their nutritional needs.

- Use Nutrition Program to input some recipes.

- Add the recipes to My Meals.

- See if the nutrition meets the need of the child.

Nutrition for children 4-11 years

Worksheet

Nutrients for children:
- Protein for growth
- Iron for health
- Calcium and vitamin D for strong bones and teeth

Avoid too many sugary foods and snacks.

Eat plenty of fresh fruit and vegetables to provide vitamins and minerals.

Don't eat too many fatty foods.

Use the Nutrition Program for research

Key nutrients needed by a child	List 5 suitable foods for this nutrient	Name a high nutrient food which a child might not eat - give your reasons
Protein	1 2 3 4 5	
Iron	1 2 3 4 5	
Calcium	1 2 3 4 5	
Vitamin D	1 2 3 4 5	

Nutrition for children 4-11 years

How do I do this?

Go to My Recipes. In Enter the recipe name put Test and list 1 portion. Click OK.

You are not going to input a recipe for this task.

Enter the recipe name

Name Test

Portions 1

OK   Cancel

Find 5 foods which are good sources of Protein, so in Find Ingredient - Show: click the arrow on the right of the box where it says All foods.

Test

Find Ingredient

Enter the name of an ingredient…

Show:

All foods

Click *Food high in Protein*

You see a list of Foods high in Protein but the top ones are not suitable as a food for a child.

Test

Find Ingredient

Enter the name of an ingredient…

Show:

Food high in Protein

Ingredient	g/100g	
leaf gelatine	86	+
gelatine, fine leaf	86	+
gelatine	84	+

Scroll down and find foods which a child might like.

For example - peanut butter, cheese, chicken.

Make your choice of 5 foods and choose 1 food which you think a child will not like.

Next you need to find foods high in iron.

So click Show Food high in Iron.

Test

Find Ingredient

Enter the name of an ingredient…

Show:

Food high in Iron

Ingredient	g/100g	
thyme, dried, ground	124	+
marjoram, dried herb	83	+
mixed herbs, dried	69	+
cumin seeds	66	+
curry powder	58	+

You see a list of foods with a high iron content.

Scroll down and find ones which children will like.

Some spices are high in iron but you don't eat much of them, so foods like chickpeas are a better choice.

Now find 5 foods which are high in Calcium and Vitamin D and add them to the chart.

Nutrition for children 4-11 years

Plan a meal for a 4-11 year old

Use your research to plan a meal for a 4-11 year old which provides a good source of protein, iron, and calcium.

Test your meal choice in My Meals.

We have no recommendations for Vitamin D as it can be provided by sunlight.

In this example we have tested a meal for a boy, aged 7-10 years old for his lunch.

Enter the meal name

Name: Meal for child 7-10
Age: 7-10 years
Sex: Male
Meal type: Lunch

OK   Cancel

Add the recipes you have chosen.

In this example we chose recipes for

- Macaroni cheese
- Apple pie

Macaroni cheese can be served with broccoli and the pie with custard, so choose Add Foods.

Meal Name

Meal for child 7-10

Type	Name	Amount
Food	broccoli	60g
Food	custard made with semi skimmed milk	60g
Recipe	macaroni cheese	1 portion
Recipe	apple pie (Healthier)	1 portion

My meal choice for 4- 11 year old				
Tick the nutrition content	Enough calories?	Enough Protein?	Enough iron?	Enough calcium?
Suggest changes				

Nutrition for children 4-11 years

Analyse your results. Go to Nutrition, Show Basic This meal shows 89% of Recommended Meal Intake so it is slightly too little food for a child.
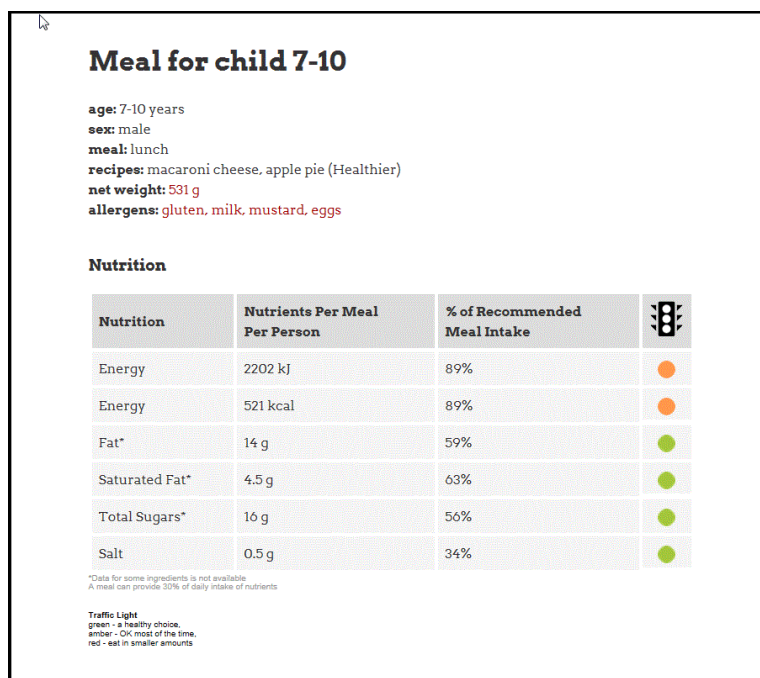Now look at Show All.
You need to Export the data to get the full details.
You can see the information on Print Preview.

The meal for the child should have enough protein, iron, calcium and vitamin D.
On this chart Protein is 229% of Recommended Meal Intake, Iron is 98% and calcium 127%.
Vitamin D is not included
in the chart as there are no recommendations for Meal Intake.

Meal for child 7-10

age: 7-10 years
sex: male
meal: lunch
recipes: macaroni cheese, apple pie (Healthier)
net weight: 531 g
allergens: gluten, milk, mustard, eggs

Nutrition

Nutrition	Nutrients Per Meal Per Person	% of Recommended Meal Intake	
Energy	2202 kJ	89%	🟠
Energy	521 kcal	89%	🟠
Fat*	14 g	59%	🟢
Saturated Fat*	4.5 g	63%	🟢
Total Sugars*	16 g	56%	🟢
Salt	0.5 g	34%	🟢

*Data for some ingredients is not available.
A meal can provide 30% of daily intake of nutrients

Traffic Light
green - a healthy choice,
amber - OK most of the time,
red - eat in smaller amounts

The meal of Macaroni cheese, broccoli, apple pie and custard is nearly perfect for the 7-10 year old boy!
Now create your own recipes and meal choice for your own choice of child.

Nutrition

Nutrition	Nutrients Per Meal Per Person	% of Recommended Meal Intake	
Energy	2202 kJ	89%	🟠
Energy	521 kcal	89%	🟠
Carbohydrate	85 g	108%	🟢
Total Sugars*	16 g	56%	🟢
Fat*	14 g	59%	🟢
Saturated Fat*	4.5 g	63%	🟢
Protein*	19 g	229%	🟠
Fibre NSP*	5.9 g	123%	🟢
Salt	0.5 g	34%	🟢
Vitamin A	698 µg	399%	🟠
Vitamin C*	61 mg	578%	🟠
Folate*	95 µg	181%	🟠
Calcium*	246 mg	127%	🟠
Iron*	2.9 mg	98%	🟢
Zinc*	2.3 mg	94%	🟢