

LO1: Understand the importance of nutrition when planning menus

Year 11 Hospitality and Catering.

AC1.3 What happens if the body does not have the right amount of nutrients.

AC1.2 Nutritional needs of specific groups of people

Pre-school children 1-4 years

- Body growth and development is rapid.
- All nutrients are important especially protein, vitamins and minerals.
- Limit sugar and salt.

Children 5-12

- Growth continues in spurts.
- All nutrients are important especially protein, vitamins and minerals.
- Limit sugar and salt.

Teenagers (Adolescents)

- The body grows rapidly at certain times and develops from a child to an adult
- This is an important life stage when minerals are taken in to bones and teeth so that peak bone mass is reached.
- All nutrients are important/ Limit sugar and salt.

Adults

- The body does not grow in height after approx. 21.
- The body needs to be maintained.
- The metabolic rate slows down.
- All nutrients important/ Limit sugar and salt.

Older adults

- Body systems such as digestion, blood circulation start to slow down.
- The skeleton gradually starts to loose minerals and becomes weakened.
- All nutrients especially vitamins and minerals.

Nutritional needs for different activity levels

- Energy is needed for different jobs in the body.
- Energy comes from food and is converted to glucose in the body to give us energy.
- **BMR**- Basal Metabolic Rate is the amount of energy we need to keep our body alive.
- Physically active people need enough food every day to give them sufficient energy for their **BMR**.

Special diets

What they do eat.	Diet and reason for following	What they do not eat.
Dairy, Quorn, Tofu all types of plant food (Fruit and veg)	<b>Lacto Vegetarian</b> Health, religious, ethical.	Meat, shellfish, fish, eggs, gelatin
Quorn, Tofu and all types of plant food.	<b>Vegan diet</b> Health, religious, ethical, environmental.	All animal foods, fish and shell fish, Dairy products and eggs
Rice, soya, corn, beans, and lentils.	<b>Gluten free diet</b> To prevent symptoms of Coeliac disease.	Wheat, bread, cakes, biscuits, barley, oats.
Specially produced lactose-free dairy foods.	<b>Lactose free diet</b> To prevent symptoms of lactose intolerance.	Milk, milk products, and any food containing milk products.

Protein

- Not enough**
- Affects growth in children
  - Infections
- Too Much**
- Excess stored as fat
  - Weight gain

Carbohydrate

- Not enough**
- Lack of energy, tiredness
  - Weight loss.
- Too Much**
- Excess stored as fat.
  - Raised blood sugar levels.

Fat

- Not enough**
- Weight loss
  - Feeling cold
- Too Much**
- Obesity
  - Diabetes



Vitamin A

- Not enough**
- Dry skin
  - Poor growth in children
- Too Much**
- Poisonous if too much taken especially unborn babies.

Iron

- Not enough**
- Tiredness
  - Pale skin
- Too Much**
- Poisonous if too much taken.

Can you explain the nutritional needs of at least 2 different groups of people?

Can you explain the explain what would happen to the body if you had too much/little of 2 different nutrients.

Can you identify 2 different special diets and explain what can/cannot be eaten.

