

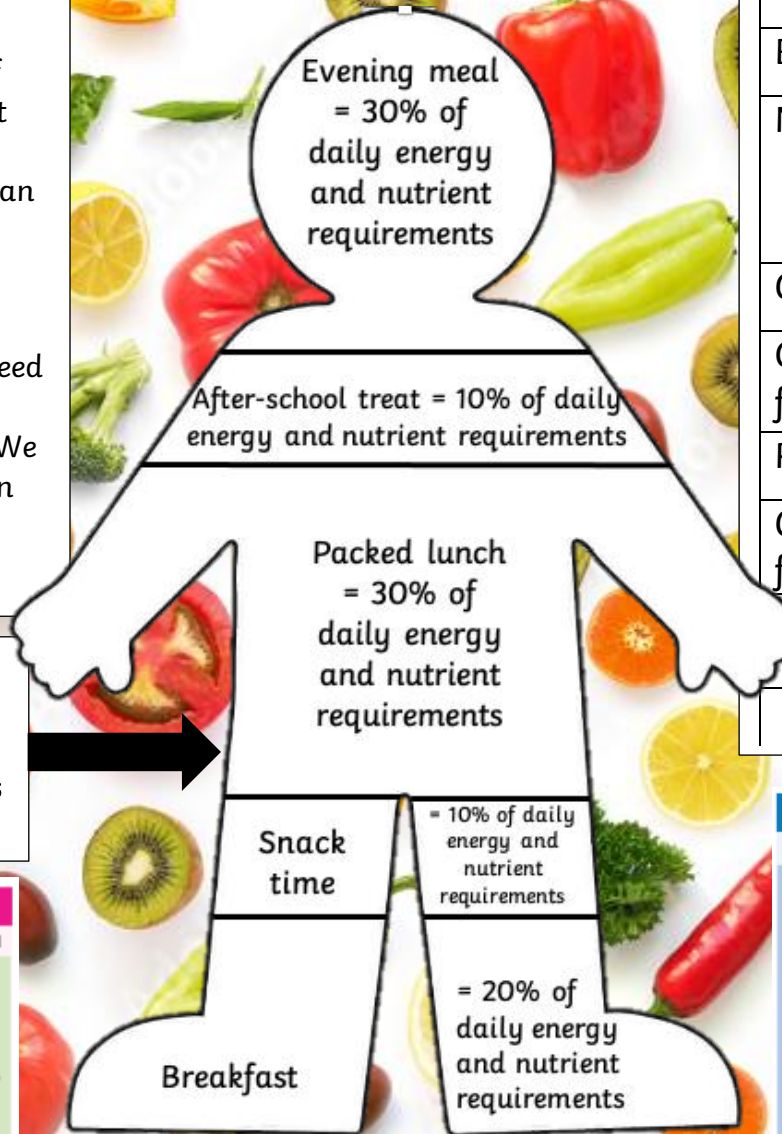
DT: Nutrition – Eating Well for 7-10 Year Olds

Introduction:

This half term we will be exploring the idea of 'eating well'. 'Eating well' simply means to eat enough of the right type of food to keep our bodies healthy, whilst ensuring that eating is an enjoyable social experience that we can share with others.

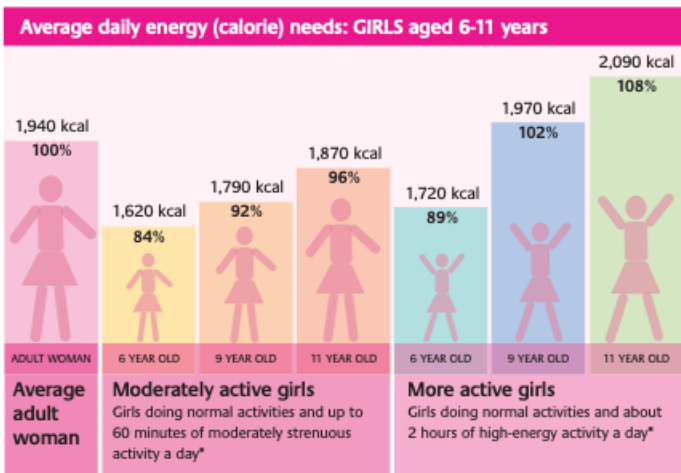
We *all* need energy to maintain our body functions and to be active, but children also need energy for growth, so they need a high energy diet. We get energy from the calories in food. We also need our food to be nutritious and contain the right number of essential vitamins and minerals to stay healthy, fight infection and allow us to learn and to develop new skills.

This model shows how each meal or snack should be broken down into percentages of the daily energy and nutrient requirements for children.



Technical Vocabulary

Varied diet	This means eating different foods from the different food groups, as well as within each food group.
Energy	The stuff our bodies need to fuel daily activities and growth.
Nutrients	Essential chemical substances that our bodies need to survive, grow, repair, and maintain good health. Nutrients include vitamins and minerals.
Consume	This means to use up resources, such as energy, food or drink.
Grown foods	Plants that have been cultivated to eat, such as carrots, apples and oats.
Reared food	Products from animals that have been raised for meat, eggs or milk.
Caught food	Animals, birds, fish, and seafood that has been taken from the wild.
Processed food	Any food that has been altered from its natural state.
Raw food	Food that is uncooked and unprocessed.



How much energy (calories) do children need?

The diagrams on both sides show the average daily energy (calorie) needs of girls and boys aged 6-11 years. They also show what those energy needs are as a percentage of the energy needs of an average adult woman or man.

