

Nutritional needs and health knowledge organiser

Energy needs, BMR and PAL

Your body needs energy for every function and movement it performs, e.g. Breathing, the function of internal organs and digesting food and activities such as walking, running and cycling.

BMR—basal metabolic rate is how much energy you need to stay alive for 24 hours when warm and resting.

PAL - physical activity level shows your daily activity level as a number.

Independent study tasks

Using the internet or product leaflets/packaging, investigate vegan foods and which animal products they are intended to replace. Complete the table given to you.

Pick at least two life stages and using the following website create a factsheet on your findings. <https://www.nutrition.org.uk/healthyliving/lifestages.html>

Use the following websites and make notes in them.

<https://www.nhs.uk/conditions/coeliac-disease/>

<https://www.nhs.uk/conditions/Lactose-intolerance/>

Meal planning

Portion size - should be adjusted for each individual. Young children and the elderly will need smaller portions. Large portion sizes can encourage over eating.

Cost - some people have a limited income to spend on food. Ways to save money include: plan meals, write a shopping list and look for promotions.

Nutritional needs

Young children (1-4 years) - they need small regular meals as they are very active and growing rapidly.

School children (5-12 years) - they are growing fast and most are active, they should have a varied and balanced diet following the Eatwell Guide.

Teenagers - should follow the guidelines of the Eatwell Guide. They have rapid growth spurts.

Adults - need a well balanced diet following the Eatwell Guide. They should avoid excess sugar and fat.

Elderly (over 65) - Should still follow the Eatwell guide. Less energy is needed as they start to slow down.

Coeliac disease, lactose intolerance and high fibre diets

Coeliac disease— this is a sensitivity to gluten. Gluten is found in wheat, rye and barley. It can stop nutrients from being absorbed.

Lactose intolerance - the body cannot digest lactose, which is the sugar in milk. This can be temporary or permanent.

High fibre diet - two types of fibre: soluble and insoluble. Soluble fibre can be digested and is found in cereals and fruits. Insoluble fibre cannot be digested and is found in wholemeal bread, wholegrain cereals, nuts and seeds.

Vegetarians, vegans, and religion

Vegetarians - people become vegetarians for various reasons e.g. moral, religious, health and economic.

Vegans - diet contains no animal foods. Dairy foods and honey are included in this.

Religion - some religions restrict what foods can and cannot be eaten e.g. include Jews do not eat pork or shellfish and Hindus do not eat beef or beef products.