Menu Planning
Toddlers, Pregnancy, the Elderly

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For Teachers

Introduction

Understanding the dietary requirements of particular groups serves as an important foundation for anyone who plans menus and meals. This program provides clear information on the nutrients required by the body for optimum health, even as the body changes through the stages of the lifecycle. It focuses on three of these stages: toddlers, pregnancy and the elderly. Specific nutritional needs and challenges are explored, and tips for healthy food selections are provided.

Timeline

00:00:00 Nutrition and health eating
00:05:20 Menu planning for toddlers
00:10:05 Menu planning for Pregnancy
00:14:16 Menu planning for the Elderly
00:18:45 Credits
00:19:23 End program

Related Titles

No Accounting for Taste Why We Eat What We Eat
Dietary Supplements Health or Hype?
Diet Related Disorders – Type 2 Diabetes, Obesity and Celiac Disease
All about Nutrients

Recommended Resources

http://helpguide.org/life/senior_nutrition.htm
Student Worksheet

Initiate Prior Learning

1. What do you think are the stages of the lifecycle, and what ages do they involve?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

2. What does the term optimum nutrition mean?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

3. In groups brainstorm specific physical and nutritional needs for toddlers, pregnancy, and the elderly life stages. Compare your lists with the rest of the class. Were there similarities amongst the groups? What differences were there?

4. What does the body need in order to be healthy?
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
Active Viewing Guide

Nutrition and healthy eating

1. What factors may impact on our food choices?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

2. Write in the ages for each stage of the lifecycle:
   a) Baby
   b) Toddler
   c) Child
   d) Adolescent
   e) Adult
   f) Elderly
3. Why does the body need different foods at different stages of life?

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

4. Explain why it is important that everyone gains optimum nutrition for their body.

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

5. What are phytochemicals?

_________________________________________________________________________________

6. Does improved, detailed package information assist the consumer in making better food choices? Explain your answer. E.g. Providing the RDI for consumers.

_________________________________________________________________________________

_________________________________________________________________________________

Menu planning for toddlers

1. Suggest reasons why increased independence in toddlers can influence food intake.

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

2. What do protein and calcium help with for toddlers?

_________________________________________________________________________________
3. Fill in the missing words:

   Western culture’s reliance on highly processed, nutrient poor foods has resulted in sharp increases
   in childhood ________________ and Type Two ________________.

4. Why do experts recommend introducing a new food every three days once an infant reaches six
   months of age?

   ___________________________________________________________________________________
   ___________________________________________________________________________________
   ___________________________________________________________________________________
   ___________________________________________________________________________________

   Menu planning for pregnancy

1. List the nutrients that are important during pregnancy:
   a)  F______________
   b)  I______________
   c)  C______________
   d)  Z______________
   e)  I______________
   f)  W______________

2. Circle the correct answer. During a healthy pregnancy, what is the additional requirement of the
   body:
   a)  150 – 400kJ
   b)  450 – 700kJ
   c)  850 – 1100 kJ
   d)  1250 – 1500kJ
3. Why must certain foods be avoided during pregnancy?

Menu planning for the elderly

1. Why do the elderly require less intake of food and fewer calories/kilojoules?

2. Why do many elderly have a reduced appetite?

3. What challenge do aged care facilities face when planning meals for clients?
Extension Activities

1. “We are what we eat”. Am I really a block of cheese? Or an ice cream? Explain what this phrase means.

2. Signs of a poor diet include: tiredness, fatigue, disinterest in everyday life, and mild signs of depression. What steps can a person take to improve their diet and their overall well being? Keep in mind that these changes need to be achievable – as the bad habits may have been occurring for a long time.

3. Investigate what the following items provide the body with, the appropriate food sources and symptoms of deficiency.

<table>
<thead>
<tr>
<th>Importance</th>
<th>Food Source</th>
<th>Deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td></td>
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<tr>
<td>Carbohydrates</td>
<td></td>
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<td>Minerals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
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</tr>
</tbody>
</table>

4. Research the claim that phytochemicals strengthen the immune system. Choose to either agree or disagree with this claim. Present your argument in 1-2 well structured paragraphs. Be sure to reference your sources.

5. Given that fast food provides little in the way of essential nutrients, suggest reasons for the continued development, marketing and success of such food types.

6. Investigate the concerns related to a pregnant woman adopting a vegan lifestyle. Prepare a response outlining the concerns and the recommendations if it is adopted.
Menu Planning
Toddlers, Pregnancy, the Elderly

Menu planning activities

1. Put together a recipe book for exciting meals for toddlers. Your recipe book can be created as print based or as a website. Organize the recipe book by breakfast, lunch, dinner, desserts and snacks. Remember to reference your recipes if they are not ones that you create. You may like to indicate the ones in which the toddler may be able to assist with the food preparation.

2. Pregnancy is a time of trying to manage cravings, avoiding foods that could be dangerous, and trying to eat healthily. After researching the foods that need to be avoided throughout pregnancy, prepare a buffet menu suitable for pregnant women. You will need to outline the foods that are being avoided, and then a minimum of 10 savory and 10 sweet menu items (which you will need to describe) that are safe, suitable and appealing to eat during pregnancy.

3. Meals on Wheels is an organisation that, for a small fee, delivers meals to the elderly. Research the options available to the elderly in your local area. Using this information, create a 5 day menu plan that gives variety, which could be used for an individual elderly person, elderly couple or used in an aged care facility. Remember that the meals must be simple to prepare, low cost, and appealing.

4. In western society, it is common to have several generations living in the one home. Plan a 3 day menu that is suitable for a family, consisting of a 3 year old toddler, a teenager, parents and grandmother. Summarize the main nutritional needs of the family members, and the nutritional information of the foods, to ensure that the menu is nutritionally adequate for each person.
Suggested Student Responses

Initiate Prior Learning

1. What do you think are the stages of the life cycle, and what ages do they involve?
   - Baby – birth to 1
   - Toddler – 1-3
   - Child – 4-12
   - Adolescent – 13-17
   - Adult – 18-65
   - Elderly – 65+

2. What does the term optimum nutrition mean?
   Optimum nutrition = consuming the right amount of nutrients on a proper schedule to achieve the longest possible lifetime in good health.

3. In groups brainstorm specific physical and nutritional needs for toddlers, pregnancy, and the elderly life stages. Compare your lists with the rest of the class. Were there similarities amongst the groups? What differences were there?
   Answers will vary – but may include aspects such as:
   - Toddlers; fussy eaters, introduction to new foods, and rapid period of growth.
   - Pregnancy: important to maintain appropriate intake of the essential vitamins and mineral, not eating for two.
   - Elderly: may not feel like making meals – especially if they live on their own, inability to chew some foods, intolerance to some foods.

4. What does the body need in order to be healthy?
   The body requires: protein, carbohydrates, fats/oils, vitamins, minerals, water, as well as regular exercise.
Active Viewing Guide

Nutrition and healthy eating

1. What factors may impact on our food choices?
   Depends on where we are from, our age and our taste buds. Our culture, time, budget.

2. Write in the ages for each stage of the lifecycle:
   a) Baby
      Birth to 1 year
   b) Toddler
      1-3 years
   c) Child
      4-12 years
   d) Adolescent
      13-17 years
   e) Adult
      18-65 years
   f) Elderly
      65+ years

3. Why does the body need different foods at different stages of life?
   This is dependent on growth and the needs of the body at particular stages of growth.

4. Explain why it is important that everyone gains optimum nutrition for their body.
   Optimum nutrition is important so that people maintain a healthy lifestyle and are able to achieve the longest possible lifetime in good health.

5. What are phytochemicals?
   Phytochemicals are plant derived nutrients.

6. Does improved, detailed package information assist the consumer in making better food choices?
   Explain your answer. E.g. Providing the RDI for consumers.
   This information is only valuable if the consumer knows how to interpret the information.

Menu planning for toddlers

1. Suggest reasons why increased independence in toddlers can influence food intake.
   Increased independence means that the child wants to make their own decisions regarding food intake – however they will not yet have the knowledge needed.

2. What do protein and calcium help with for toddlers?
   Bone and teeth strength

3. Fill in the missing words:

   Western culture’s reliance on highly processed, nutrient poor foods has resulted in sharp increases in childhood obesity and Type Two Diabetes
4. Why do experts recommend introducing a new food every three days once an infant reaches six months of age?
   It may help to prevent the child from developing food allergies and intolerances.

Menu planning for pregnancy

1. List the nutrients that are important during pregnancy:
   a) Folate
   b) Iron
   c) Calcium
   d) Zinc
   e) Iodine
   f) Water

2. Circle the correct answer. During a healthy pregnancy, what is the additional requirement of the body:
   a) 150 – 400kJ
   b) 450 – 700kJ
   c) 850 – 1100 kJ
   d) 1250 – 1500kJ

3. Why must certain foods be avoided during pregnancy?
   Some foods must be avoided, as they can be harmful to the development of the baby (eg, alcohol, mercury in fish, etc)

Menu planning for the elderly

1. Why do the elderly require less intake of food and fewer calories/kilojoules
   The elderly are less active, and therefore require less food intake to achieve the required kilojoule/calorie intake. If food intake is not reduced, it will result in weight gain.

2. Why do many elderly have a reduced appetite?
   The ability to smell and taste often declines with age, which are important for encouraging appetite. This can be the result of digestive problems, medication giving food a bitter taste, a lack of physical activity, and loneliness or depression.

3. What challenge do aged care facilities face when planning meals for clients?
   It can be difficult to accommodate so many people’s different food preferences, particularly cultural foods. Varying dietary problems and needs can also be challenges.
Extension Activities

1. “We are what we eat”. Am I really a block of cheese? Or an ice cream? Explain what this phrase means.
   The term means that if we are eating too much bad food – then our body will not be performing to the best that it can. If we are eating good foods in appropriate amounts – then our body will be showing this.

2. Signs of a poor diet include: tiredness, fatigue, disinterest in everyday life, and mild signs of depression. What steps can a person take to improve their diet and their overall well-being? Keep in mind that these changes need to be achievable – as the bad habits may have been occurring for a long time.
   Answers will vary. Main focus will be to make subtle, achievable changes. Will need to incorporate the required aspects of food intake for optimum nutrition, as well as regular exercise and ensuring that the person achieves and maintains an appropriate healthy body weight/BMI.

3. Investigate what the following items provide the body with, the appropriate food sources and symptoms of deficiency.
   Answers will vary in detail.

4. Research the claim that phytochemicals strengthen the immune system. Choose to either agree or disagree with this claim. Present your argument in 1-2 well structured paragraphs. Be sure to reference your sources.
   Information will vary – but will indicate that the understanding of this term has increased in recent years, and has links to reducing harmful things such as cancer.

5. Given that fast food provides little in the way of essential nutrients, suggest reasons for the continued development, marketing and success of such food types.
   Answer will vary, but will centre on the fact that it is an acquired taste, and that food that is high in salt, fat and sugar is considered to be tastier (by a large percentage of our population) – despite the health risks.

6. Investigate the concerns related to a pregnant woman adopting a vegan lifestyle. Prepare a response outlining the concerns and the recommendations if it is adopted.
   Answers will vary – but will centre on the concern that a pregnant woman may not get enough of the calcium and protein needed for the growth of the child.