



TRINITY COLLEGE FOR WOMEN NAMAKKAL

DEPARTMENT OF NUTRITION & DIETETICS

ODD SEMESTER NUTRITION IN LIFE CYCLE

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NUTRITION FOR SCHOOL GOING CHILDREN

- Nutrition plays a very critical role in maintaining the physiological functioning and cognitive development for the children as the growth rate gets slowed.

Energy (Calorie): Energy requires for growth and physical activity and proper brain functioning. The sources of energy are Cereals, grains, pulses, vegetables etc.

Protein: Protein is responsible for bodybuilding, maintaining bodily functions and repairing body tissues. One can get protein from meat, fish, poultry, milk and dairy products.

Fat (Essential Fatty Acid): Fats provides energy and also acts as the energy reserve. Essential fatty acids aid brain development and nervous system functioning. Vegetable oil, ghee, different types of seeds such as sesame seeds, flaxseed, chia seeds, sunflower seeds, nuts are the excellent source of essential fatty acids.

Calcium: Calcium is essential in building strong bones, and milk and dairy products and from some dark green, leafy vegetables etc one can fulfil calcium needs in kids.

Iron: Children need iron because of rapidly expanding blood volume during growth also to prevent anaemia. Meats, fish, poultry, and dry fruits fortified bread and cereals etc.

PACKED LUNCH & SNACKS FOR SCHOOL CHILDREN

- Children should have a proper tiffin or a snack which should meet 1/3 of their daily requirements of all the nutrients as they tend to spend long hours in school. We should make sure that the food has to be healthy & attractive too. Instead of junk items like – chips, burger, sugary buns, they should be offered more of more nutritious options like-

NUTRITIONAL PROBLEMS IN SCHOOL GOING CHILDREN

Obesity

Diets high in fats (saturated fat), simple sugars and less physical activity leads to positive energy balance resulting in obesity. Risk factors include Cardiovascular diseases, Dyslipidemia, Type- 2 DM, Gall Bladder disease, Osteoarthritis etc.

NUTRITIONAL PROBLEMS IN SCHOOL GOING CHILDREN

- Anorexia Nervosa, Bulimia Nervosa, Binge eating is the behavioral issues that interfere with dietary intake. Children often feel pressured to be extremely thin because of peer groups, social image and most importantly, media influence. Extreme weight loss, fatigue, low immunity, general weakness, dehydration, electrolyte imbalance etc. are some risk factors associated with eating disorders.

Anaemia

- Diet deficient in iron which is an oxygen-carrying component of blood.

Impaired cognitive development, low attention rate and general fatigue.

- Parents are the first role models for their children. Mostly healthy dietary habits of parents reflect in the child. Proper meal pattern and provisions of healthy snacks and meals at home can have a positive impact on children, and it establishes correct eating practices. Also, children should be encouraged to sit and eat with the family.

THANK YOU

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