

PENANG SANGAM HIGH SCHOOL
P.O.BOX 44, RAKIRAKI
LESSON NOTES BATCH 6 – WEEK 16

Subject: Home Economics

Year/Level: 10

Strand	Food and Nutrition
Sub Strand	Food Planning and Product Development
Content Learning Outcome	1. Identify the nutritional needs of special groups of people (adolescents, invalids and convalescents) 2. Select foods suitable for different needs.

Planning for Special needs

- Everyone has different need and requirements for food according to their age and sex, health conditions, daily activity, the climate in which they live, their likes, dislikes, food customs and taboos.
- It is important to consider an individual need for a type of meal that suits him or her at a particular time.

An Adolescents Diet

- Adolescent is a critical period of growth and development.
- The need for most nutrients including energy, protein, vitamins and minerals increases.
- As appetite increase, it is important that food choices are made carefully.

Nutrients essential in the daily diet of an adolescent	Reason
Iron	Particularly important for girls to prevent anemia due to menstruation
Calcium	To form adult sized skeleton and reduce the risk of osteoporosis at a later age.
Vitamin D & Phosphorous	To build bones
Protein	Growth and maintenance of muscle
Zinc	For growth and sex maturation
Vitamin A	Good development of eyes and immune system

Eating tips to improve an adolescent's diet

- Cut back on sugary drinks like soft drinks and energy drinks. Water is the healthiest drink – try adding a slice of lemon, lime or orange for flavor.
- Keep a fruit bowl stocked at home for fast and low-kilojoule snacks
- Eat breakfast every day so you are less likely to snack on junk food at morning tea. A whole meal or wholegrain breakfast cereal that is low in sugar served with low-fat milk can provide plenty of vitamins, mineral and fibre. Other fast and healthy options include yoghurt or whole meal toast.
- Do not skip lunch or dinner either.

- Help with the cooking and think up new ways to create healthy meals. Make those old family recipes lower in fat by changing the cooking method – for example, grill, stir-fry, bake, boil or microwave, instead of deep frying.
- Reduce the size of your meals.
- Do not add salt to your food.
- Do not eat high-fat foods every time you visit a fast food outlet with your friends. Many of the popular fast food chains now have healthier food choices on the menu.

Potential Nutrition Related Problems for Adolescents

1. Obesity
 - Associated with an increased risk of obesity-related diseases like diabetes and heart disease.
 - Experts have linked this rise in obesity to lack of physical activity and an increase in the amount of fast food and “junk food” available to adolescents
 - Staying active and avoiding sugary drinks and fatty snacks foods will promote a healthy weight for adolescents
2. Eating disorder
 - Over-eating, under-eating and eating disorders can have serious health impacts.
 - Fear of becoming obese may lead to overly restrictive eating habits. Some adolescents even go to the extent of resorting to self-induced vomiting in an attempt to control their weight.

Activity

1. State 3 eating tips for an adolescent's diet.
2. Explain why teenagers refuse to have proper meals.
3. Complete the table.

Nutrients Essential	Reason
Iron	
	Growth and maintenance of muscle
Vitamin A	