

PENANG SANGAM HIGH SCHOOL
P.O.BOX 44, RAKIRAKI
LESSON NOTES BATCH 6 – WEEK 2

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.

High Risk Adolescent Groups

1. Pregnant adolescent

- When a teenager becomes pregnant, she needs more nutrients than her non-pregnant colleague to support both her baby and her own continued growth and physical development.
- For the best outcome, pregnant adolescents need to seek prenatal care and nutrition advice early in their pregnancy.

2. Athletes

- Adolescents involved in athletics may feel pressure to be at a particular weight or to perform at a certain level.
- Some young athletes may be tempted to adopt unhealthy behaviours such as crash dieting, taking supplements to improve performance, or eating unhealthy foods to fulfill their hearty appetites.
- A balanced nutritional outlook is important for good health and athletic performance.

3. Vegetarians

- Strict vegetarians (those who do not eat eggs or dairy products), also known as vegans, may need nutritional supplements to meet their needs for calcium, vitamin B12, and iron.

4. Convalescents

- A convalescent is a person who is recovering from an illness, injury or surgery.
- For instance, Shelly recently had her appendix taken out.
- She has been allowed to go home to recuperate. Shelly is now considered a convalescent.
- They need food that will compensate for the loss of nutrients and strength that has occurred e.g loss of iron as a result of losing blood or loss of calcium or protein from a bone fracture.

Nutrients essential in the daily diet of a Convalescent	Reason
Proteins	To repair and rebuild damaged body tissues
Vitamin A	To help build healthy membrane linings
Vitamin B group	To release energy from foods.
Vitamin C	To heal wounds and help prevent sores from developing
Calcium and Phosphorus	To help repair fractured or broken bones
Iron	To replace iron lost during bleeding

***Dietary fibre** must not be forgotten as constipation is common amongst convalescents. More fruits and vegetables to be eaten if convalescent becomes constipated.
 *There is a need to lower the amount of fats and carbohydrates since a convalescent's movement is reduced; energy need is less.

Tips to remember:

- i. Follow the doctor's orders if any have been given.
- ii. Consider the convalescent's likes and dislikes
- iii. Serve small portions of food at regular intervals. Often the convalescent is able to eat only a small amount of food each time, his appetite is poor.

5. Invalids

- An invalid is a person who is disabled as a result of illness or injury.
- As such, food for invalids should provide the maximum amount of nourishment with the minimum amount of bulk.

Nutrients essential in the daily diet of a Invalid	Reason
Proteins	To repair diseased and wasted tissue.
Vitamin A	To assists to prevent infection and create healthy mucous membrane.
Vitamin B	For nervous tissue, vitality and energy release.
Vitamin C	To help in healing tissues and wounds and prevent bed sores.
Fibre	To prevent constipation – a common complaint in bed – ridden patients.
Iron	To prevent anaemia, this is common in illness.

- Energy Foods: Should be restricted and used to round off the appetite after the essential foods have been eaten e.g. desserts or sweets
- Note: During illness, digestion is impaired. Food such as pastries, oily fish, fatty meat, fried foods, cheese and highly seasoned foods should be avoided.

Activity

1. Differentiate between invalids and convalescent.
2. Why must you avoid serving oily or strongly flavored foods to a convalescent?
3. What are the two important minerals that must be included in the diet of a convalescent recovering from a fractured leg?