

OPTIMISING
YOUR
CHILDS ENERGY & DEVELOPMENT

FOOD



Providing children with the adequate amount of nutritious rich foods is extremely important for their changing bodies.

without regular fueling of healthy foods and snacks it can deprive them of their full potential in growth and development.

Girls aged 11-14 years

Are expected to consume 1845 Energy kcals per day from nutritious foods

Boys aged 11-14 years

Are expected to consume 2220 Energy kcals per day from nutritious foods

These calorie requirements should be met through having a well balanced and varied diet.

- ✓ Atleast 5 Portions of Vegetables and Fruit
- ✓ Meals based on Starchy foods (Bread, Pasta, Rice) wholegrain
- ✓ Good source of protein (Meat, Fish, Pulses)
- ✓ A few portions of Non fat dairy products (unsweetened)
- ✓ Water and diluted juices



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of fats
= 1 thumb