

TOPIC: NUTRITION FOR SCHOOL-AGED CHILDREN (AGES 6-11)

Nutrition for School-Aged Children (Ages 6-11)

6-11 Years Old: Calorie needs _____ (larger bodies & more active), but growth rate _____.

Calorie Needs:

1200-2000 kcal per day.

◆ _____-35% of Calories from fat.

◆ 0.95g protein/kg/day.

◆ 130g carbs/day.

◆ _____ most micronutrients (Ca^{2+}).

◆ Consume 1.7-2.4L fluids/day.

Other Considerations/Problems

◆ Nutrient needs for ~9-year-old boys & girls begin to _____ (boys generally need more).

◆ Many _____ breakfast, which _____ cognition, mood, & academic performance, & _____ risk of obesity.

◆ The **School Breakfast Program (SBP)** provides a *nutritious, low-cost* breakfast.



PRACTICE

Which of the following items can be served to children in schools in the USA?

- a) Hard candy.
- b) Chocolate & cookies.
- c) Fruit cups.
- d) Soda.

PRACTICE

Darian is in 4th grade and has recently started playing basketball. He's started going to sleep earlier so he can wake up early for practice before school. Therefore, he doesn't usually have time to eat breakfast. Darian's parents have noticed that he's been struggling with his grades in school recently, and that he's been in a bad mood more often. What is the most likely cause of this?

- a) His school meals are too high in sugar.
- b) He has been skipping breakfast on school days.
- c) He has started playing a new sport.
- d) A combination of all the above.

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PRACTICE

Which of the following statements is true?

- a) The RDA for carbohydrates (130g/day) is the same for mostly everyone over the age of one.
- b) The % of Calories that should be obtained from fat gradually increases throughout the early years of life.
- c) A vegetarian diet is always a bad idea for young children under the age of 12.
- d) Relative to bodyweight, protein intake should increase as children age from 1 to 11 years old.





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Tackling Childhood Obesity

◆ Since the 1970s, childhood obesity rates in the US have *significantly* _____. Contributing factors:

- ▶ Larger portion sizes → excessive Calorie intake.
- ▶ Increased _____ time → _____ of physical activity → positive energy balance.

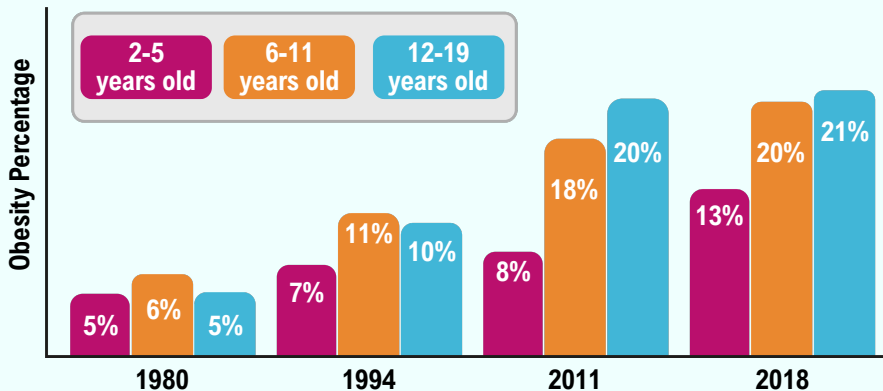
◆ To combat childhood obesity, parents are advised to:

Set a good example.	Offer healthy alternatives to sweet treats.	_____ screen time & encourage physical activity.	Make healthy food _____.
			

EXAMPLE

The graph below shows childhood & adolescent obesity rates in the USA over the last few decades. Which of the following is a leading cause for the trends seen in the graph?

- a) Portion sizes at restaurants have decreased, causing children to overconsume snacks between meals.
- b) On average, children have started hitting puberty later.
- c) Increased screen time has led to a decrease in physical activity among children & adolescents.
- d) Meals in schools have become less nutritious due to federal nutrition standards being removed.



*Source: U.S. Centers for Disease Control and Prevention. Get the Facts: Sugar-Sweetened Beverages and Consumption. March 2021
Available at: www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html. Accessed May 2021.

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PRACTICE

Which of the following is a way schools can help decrease the prevalence of obesity among children & teenagers?

- a) Offer plenty of extra-curricular sports & physical activity.
- b) Serve school meals that are relatively low in total Calories & added sugar.
- c) Encourage parents to limit their children's screen time.
- d) All of the above.