

Childcare Practice Book

Healthy Eating Level 2 ANSWERS

Question 1

Bobbie is six. He has drunk a 1 litre carton of orange juice over 4 days. Has he exceeded the recommended limit? Explain your answer.

$$150\text{ml per day} \times 4 = 600\text{ml}$$

$$1 \text{ litre} = 1000\text{ml}$$

Yes, Bobbie has had 400ml more than the recommended limit.

Question 2

How many glasses of water should a 2-year-old be drinking in a week? **28 glasses**

$$4 \text{ glasses per day} \times 7 = 28$$

Question 3

An eight-year-old eats 4 sea salt crackers. What percentage of their daily maximum have they eaten? **5.6%**

$$\text{Each cracker has } 0.07\text{g of salt. } 4 \times 0.07 = 0.28\text{g}$$

Maximum is 5g for an eight year old

$$0.28/5 = 0.056 \times 100 = 5.6\%$$

Question 4

Jamil is six. He has half a can of tomato soup and two pieces of bread with 8g of margarine on each. How much salt has he eaten? **1.224g**

$$\text{Half a can of soup} = 200\text{g} = 1\text{g salt}$$

$$\text{Margarine} = 8\text{g} \times 2 = 16\text{g}$$

$$16/100 = 16\%$$

$$1.4\text{g of salt in } 100\text{g of margarine. Find } 16\% \text{ of } 1.4 \rightarrow 1.4 \times 16/100 = 0.224\text{g of salt}$$

$$1\text{g} + 0.224\text{g} = 1.224\text{g}$$

Question 5

A two-year-old has eaten 0.6g of sodium. His mum thinks he has had 80% of his daily maximum. Is she correct? Explain your answer. **No, he has had 75% of the maximum.**

Maximum for a two year old is 0.8g sodium

Create a fraction $0.6/0.8 = 0.75 \times 100 = 75\%$

Question 6

Suzy is 7. Here is a list of what she ate yesterday.

Porridge with a small apple

Two pieces of toast with butter

Pasta with 100g of tomatoes to make a sauce, 2 tablespoons of broccoli and 2 tablespoons of carrots and grated cheese

A packet of crisps

300ml of orange juice

Explain whether you think Suzy ate enough fruit and veg yesterday.

Apple = 1 portion

100g tomatoes = $1\frac{1}{4}$

4 tablespoons of veg = $1\frac{1}{3}$

Orange juice = 1

Add them all up. To add fractions, you need common denominators. $\frac{1}{4} + \frac{1}{3} \rightarrow \frac{3}{12} + \frac{4}{12} = \frac{7}{12}$

$1 + 1 + 1 + 1 + \frac{7}{12} = 4\frac{7}{12}$

No, she only ate $4\frac{7}{12}$ portions.

Question 7

Phil makes a stew for his son. He uses 120g of red peppers. This would be $1\frac{1}{2}$ portions of the daily recommendation. He also uses 180g of sweet potato. What fraction is the sweet potato of the daily recommendation? Express this as a mixed number.

80g is one portion

$180/80 = 9/4 \rightarrow 2\frac{1}{4}$

Question 8

Mohammed is 7. His parents want to make sure they are not giving him too much fat.

On Tuesday, he has 2 pieces of white bread with margarine (around 10g on each slice) for breakfast. At lunch he has vegetable fingers (carrots, red peppers, celery and cucumber – around 2 portions of vegetables) with houmous. Mohammed had around 1/5 of the tub. For dinner, he had 8 chicken nuggets, 100g of chips and a portion of peas. He had an apple as a snack.

Vegetables generally have 0.2g of saturated fat per portion.

a) Did Mohammed have an appropriate amount of saturated fat on Tuesday? Explain your answer. **No, he had 44.48g of fat and should have had under 30g.**

2 pieces of bread = $0.1 \times 2 = 0.2\text{g}$ of saturated fat

$10\text{g} \times 2 = 20\text{g}$ margarine = $20/100 = 20\%$ of 11g $\rightarrow 11 \times 20/100 = 2.2\text{g}$

2 portions vegetables = $0.2 \times 2 = 0.4\text{g}$

1/5 tub houmous = 1/5 of 400g = $400/5 = 80\text{g}$. 100g is 16.6g. Find 80% of 16.6 $\rightarrow 16.6 \times 80/100 = 13.28\text{g}$

8 chicken nuggets = 5 nuggets = 13g $\rightarrow 13/5$ for one nugget = 2.6. Find 8 nuggets $2.6 \times 8 = 20.8\text{g}$

100g chips = **7.2g**

Portion peas = **0.2g**

Apple = **0.2g**

Add them all up $0.2 + 2.2 + 0.4 + 13.28 + 20.8 + 7.2 + 0.2 + 0.2 = 44.48\text{g}$

b) What percentage of the fat he ate came from the chips? **16.19% or 16.2% or 16%**

7.2 out of 44.48 $\rightarrow 7.2/44.48 = 0.16187... \times 100 = 16.19\%$

c) Were the chicken nuggets more or less than 1/3 of his day's saturated fat intake? Use figures to explain your answer. **He got 20.8g from the nuggets, which is a lot more than 1/3**

44.48 divided by 3 = 14.83g, which is one third.

d) Mohammed's dad wants to keep his saturated fat intake to 18g per day. If he has 12g of saturated fat one day, what fraction of his ideal maximum intake would that be?

Express the fraction in its simplest form. $\frac{2}{3}$

$12/18 \rightarrow 2/3$