

Healthy Eating Level 2

Name: _____

Date: _____

Childcare Practice Book

Rate how confident you feel about the skills tested in this workbook:

Skill	Not a clue!	I know a little	I feel okay with this	I feel quite confident	I feel very confident
Fraction parts					
Creating and simplifying fractions					
Adding and subtracting fractions					
Converting between mixed numbers and improper fractions					
Creating a percentage					
Working with decimals					
Working with ratio					

Healthy Eating

In your role, you should encourage children to follow healthy eating habits. This might be by helping them choose appropriate meals and snacks and ensuring they have a balanced diet. You can also help children stay active and choose appropriate activities for their age.

You may be able to help parents or carers to understand what a healthy lifestyle should include and to identify where the child's health might be negatively affected by what they eat.

The first section contains reference material with the nutritional information for different products. You will need to look at this section to answer different questions throughout the booklet whenever you see this symbol 

Reference Section

► Soft white medium loaf

Nutrition

Typical Values	Per 100g	Per Slice 40g
Energy	987kJ	395kJ
-	233kcal	93kcal
Fat	1.7g	0.7g
of which saturates	0.3g	0.1g
Carbohydrate	44.6g	17.9g
of which sugars	3.5g	1.4g
Fibre	2.4g	1.0g
Protein	8.7g	3.5g
Salt	0.90g	0.36g



Southern Fried Chicken Nuggets 400g

Nutrition

Typical Values	As Sold 100g Provides	Per 5 Nuggets Oven Baked Provides:
Energy - kJ	1066kJ	1120kJ
- kcal	255kcal	268kcal
Fat	12g	13g
- of which Saturates	1.6g	1.6g
Carbohydrate	22g	23g
- of which Sugars	1.0g	1.0g
Fibre	1.3g	1.3g
Protein	14g	14g
Salt	0.95g	0.96g

400g Cream of Tomato Soup

Nutrition

Typical Values	Per 100g
Energy	215kJ
-	51kcal
Fat	2.1g
- of which saturates	0.2g
Carbohydrate	6.8g
- of which sugars	4.8g
Fibre	0.6g
Protein	0.8g
Salt	0.5g



450g Tub of margarine

Nutrition

Typical Values	per 100g
Energy	1449kJ/346kcal
Fat	39g
of which saturates	11g
Carbohydrates	<0.5g
of which sugars	<0.5g
Protein	0g
Salt	1.4g
Vitamin D	7.5µg (150% DRI)



Supermarket Sea Salt Crackers

Nutrition

Typical Values	Per 100g	One cracker (6g)
Energy	2079kJ / 496kcal	125kJ / 30kcal
Fat	23.5g	1.4g
Saturates	3.5g	0.2g
Carbohydrate	61.8g	3.7g
Sugars	2.4g	0.1g
Fibre	2.8g	0.2g
Protein	8.1g	0.5g
Salt	1.11g	0.07g



400g Houmous

Nutrition

Typical Values	Per 100g	1/4 of a pot (50g)
Energy	954kJ / 230kcal	477kJ / 115kcal
Fat	16.6g	8.3g
Saturates	1.6g	0.8g
Carbohydrate	11.9g	6.0g
Sugars	0.6g	0.3g
Fibre	4.3g	2.2g
Protein	6.1g	3.0g
Salt	0.87g	0.43g

Home Chips Straight Cut 1.6Kg

Nutrition

Typical Values	Per 100g Frozen	Per 100g Oven Baked
Energy kJ	599	846
kcal	143	202
Fat g	5.0	7.2
of which saturates g	0.6	0.9
Carbohydrate g	21	30
of which sugars g	0.5	0.5
Fibre g	1.8	2.7
Protein g	2.3	3.2
Salt g	0.19	0.27



What to Drink

A child should not drink more than 150ml of fruit juice, vegetable juice and smoothies. This is because when fruit is blended it releases sugars and these can cause tooth decay.

The best drink for staying healthy is water. As adults, we should all aim to drink 6-8 glasses of water a day. Children ages 1-3 years should aim for around 4 glasses. For 4-8 year olds this increases to 5 glasses and for over 8's they should be drinking the same as adults.

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.*



Question 2

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

Salt

It is very important that children do not have too much salt in their diet. If a baby has too much salt, it can stop their kidneys from working properly.

This table explains how much salt children of different ages should have.

Age	Amount of salt per day
Under 1 year	Less than 1g
1 to 3 years	Max of 2g (0.8g sodium)
4 to 6 years	Max of 3g (1.2g sodium)
7 to 10 years	Max of 5g (2g sodium)
11 and over	Max of 6g (2.4g sodium)

Creating a percentage example

A five-year-old has 1.2g of salt in a day. What percentage of their daily maximum is that? Write the numbers as a fraction with the total on the bottom and the part you want to find on the top. $\frac{1.2}{3}$ do the division on your calculator $1.2 \div 3 = 0.4$. This is the answer as a decimal. Multiply by 100 to turn into a percentage. $0.4 \times 100 = 40\%$

Question 3

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

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 salt has he eaten?

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.*

Fruit and Vegetables

We often hear that we should eat at least five portions of fruit and veg every day. This applies to children over two as well. A portion actually means 80g. You can also count a portion as 1 apple, banana, pear, orange or other similar-size fruit, 3 heaped tablespoons of vegetables, a dessert bowl of salad, 30g of dried fruit or a 150ml glass of fruit juice or smoothie.



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. Use fractions to express the amounts for tomatoes and vegetables.

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.

Fat

Here are the government recommendations for fat in your diet.

Men should not eat more than 30g of saturated fat a day

Women should not eat more than 20g of saturated fat a day

Children should have less

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 $\frac{1}{5}$ 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.

b) What percentage of the fat he ate came from the chips?

c) Were the chicken nuggets more or less than $\frac{1}{3}$ of his day's saturated fat intake? *Use figures to explain your answer.*

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.