

# Eating for life

Welcome to our Eating for life activity. Have you ever wondered why some people's diet is different to others? It could be due to many different factors: age, activity level and occupation can all contribute to differences in nutritional requirement.

This activity should make you think about differences between groups of people as well as why their diets can be different. The sheets can be printed out and the questions leading you through the exercise are designed to make you think about different diets.

There are no right or wrong answers; and there could be different answers for each person/occupation.

There are certain dietary considerations that could be taken into account for some of the occupations/stages of life.

For example; an older person wouldn't require the same amount of energy from their food as a younger more active person. However, they would have to be more aware of consuming enough protein due to loss of muscle mass, which can affect older people.

An office worker will not be very active during the day and so should limit the amount of foods with a high calorie content.

An athlete will be very active and so will need to obtain a lot of energy and perhaps protein from their diet. Foods such as pasta are complex carbohydrates and are a good source of energy; lean chicken or pulses are a great source of protein for growth.

A growing baby will require foods that promote growth as well as dairy to help bone development. Other than the first six months of life in which, by WHO guidelines, they should be exclusively breastfed, infants can then eat anything that they can manage.

Someone with a physically demanding job will require more energy than a more sedentary office worker as they will be far more active during the day. A good breakfast and lunch with lots of slow energy release foods will be important, for example: porridge for breakfast.

A pregnant woman in addition to requiring more energy from food to help the baby grow, will have to ensure that she doesn't consume foods that could harm the baby. It is recommended that pregnant women don't eat unpasteurised foods such as some cheeses.

Hopefully these ideas will assist in working through the activity.

Have fun.