Hospitality work w/c 29 June

**Research the nutritional needs of children**

Research nutritional information for children

Explain your findings (Do not copy and paste)

Ensure to include the information below.

Main nutrient concerns for children

What nutrients they need

Why do they need the specific nutrients

Calories needed per day

Do girls need different amounts /types of nutrients than boys

What foods should children eat to gain all the specific nutrients required

Helpful websites

<https://www.nutrition.org.uk/healthyliving/lifestages/children.html?__cf_chl_jschl_tk__=033a02cd46aed2e3fb32a25eefa04e468c9ec2>

<https://www.news-medical.net/health/Nutritional-Needs-of-Young-Children-(Age-5-10).aspx>