

16.06.2020
**Stage 1- Child
Studies (10 credits)**

Nutrition in the Early Years



Assessment Type 1: Practical Activity
Area of Study: The Nature of Childhood
and the Socialisation and Development of
Children

SACE Code:
356793R

Action Plan

Task

Utilizing a range of contemporary resources, we had to research the issue of nutrition in a child's early years focusing on how to address healthy eating in the family setting. In this assignment issues related to nutrition in the early years of life, specifically 1 year of age is identified and discussed.

Issues

- *The child might have an allergy*
- *They could have food intolerance such as lactose intolerance*
- *Its important that toddlers get enough iron in their diet to prevent them from becoming anemic*
- *Not being able to store certain food for the child to take with them as it may have specific instructions*
- *Having the right temperature to keep the food edible and safe*
- *Making sure that you have the right amount of food to feed your child to avoid over/underfeeding them*
- *Unknown health conditions*
- *Providing healthy nutritious food for your child*
- *Provide appropriate utensils for them*
- *Stored in an appropriate container*
- *Watch out for iron deficiency after kids reach 1 year of age*

Decision

After a thorough research about the issues involving the nutrition in a child's early years, I have decided to make egg and cheese mini muffins as their main course, a small bottled milk, and a small bottled water as their drink. A banana and some strawberries for their fruit. And a healthy blueberry muffin as their snack.

Justification

I have chosen to make mini egg and cheese muffins and modified it to have more vegetables in it so that it is full of nutritious vitamins such as broccoli which is packed with vitamin K and C. Carrots which is a good source of fiber, vitamin K, potassium and antioxidants. Vitamin C plays an important function in aiding the healthy growth and development of bones and teeth especially during the early years of children. Vitamin K is needed for blood clotting. Fiber helps in making us full and keeps things moving in the digestive tract. Potassium intake is important for kids as part of a nutritious diet. This is because the function of potassium is to help regulate the balance of fluids in the body and plays a critical role in maintaining a healthy blood pressure. Antioxidants which are substances that destroy free radicals and therefore protect healthy cells. Cheese and milk is also a great source of calcium, fat, and protein. It also contains high amounts of vitamins A and B-12, along with zinc, phosphorus, and riboflavin.

Milk is an important part of a toddler's diet as it provides calcium and vitamin D, which help build strong bones. Most kids under 2 should drink whole milk for the dietary fats needed for normal growth and brain development. Along with water I decided that they should still have a small bottle of water, as water is very important for all ages. Water enables our bodies to carry out all of its functions in the day, for children water is the primary way they regulate their body temperature. As for the fruit I decided on bananas and strawberries. Banana is loaded with nutrients including potassium, calcium, magnesium, iron, folate, niacin and vitamin B6, bananas help babies gain weight. Strawberries are a good source of Vitamin C which helps in building immunity and in fighting eye diseases. And lastly, as a snack I chose healthy blueberry muffins, as it is modified with Greek yogurt. Greek yogurt contains double the protein and half the sugar of a regular yogurt which makes it very healthy. Blueberries are good in moderation and will keep toddlers energized and active throughout the day. Blueberries is a rich source of anti-oxidants, minerals such as zinc, potassium and phosphorus as well as vitamins A, E, K, and B complex and again healthy sugars called fructose.

Implementation

Planning Timeline				
	Week 5	Week 6	Week 7	Week 8
Research				
Action Plan				
Pantry Order				
Making the food				
Evaluation				

Lunch Box Meals	10 minutes	20 minutes	30 minutes	40 minutes	50 minutes
Mini egg and cheese muffins (prep time)					
Mini Egg and cheese muffins (cook time)					
Blueberry muffins (prep time)					
Blueberry muffins (cook time)					
Fruits					

Recipe and Nutrition Facts

Mini egg and cheese muffins

INGREDIENTS

- *1 tablespoon onion, peeled and grated (or 1/4 teaspoon onion powder)*
- *1/2 cup butternut squash, finely grated (or leftover roasted squash, cubed)*
- *2 eggs lightly beaten*
- *1/2 cup cottage cheese, drained if needed*
- *1/4 cup shredded cheddar cheese*
- *2 tablespoons grated Parmesan cheese*

INSTRUCTIONS

1. *Preheat the oven to 350 F and grease 12 mini muffin cups with nonstick spray.*
2. *Stir together all ingredients in a medium bowl.*
3. *Spoon into muffin cups, filling about to the brim.*
4. *Bake for 18-20 minutes or until firm to the touch and golden brown around the edges.*
5. *Let cool for about 5 minutes in the pan before serving to allow them to firm up a bit. Use a paring knife around the edges to help remove them if needed. Serve warm or at room temperature.*

Healthy Blueberry Muffins

INGREDIENTS

- 1 ¾ cups plus 1 teaspoon white whole wheat flour or regular whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine sea salt
- ¼ teaspoon ground cinnamon (optional)
- ⅓ cup melted coconut oil or extra-virgin olive oil
- ½ cup honey or maple syrup
- 2 eggs, preferably at room temperature
- 1 cup plain Greek yogurt*
- 2 teaspoons vanilla extract
- 1 cup (6 ounces) blueberries, fresh or frozen
- 1 tablespoon turbinado sugar (also called raw sugar), for sprinkling on top

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. If necessary, grease all 12 cups on your muffin tin with butter, coconut oil or cooking spray (my pan is non-stick and doesn't require any grease).
2. In a large mixing bowl, combine 1 ¾ cups of the flour with the baking powder, baking soda, salt and cinnamon. Mix them together with a whisk.
3. In a medium mixing bowl, combine the oil and honey or maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt and vanilla. Mix well. (If the coconut oil solidifies in contact with cold ingredients, gently warm the mixture in the microwave in 30 second bursts.)
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). In a small bowl, toss the blueberries with the remaining 1 teaspoon flour (this helps prevent the blueberries from sinking to the bottom). Gently fold the blueberries into the batter. The mixture will be thick, but don't worry.
5. Divide the batter evenly between the 12 muffin cups (I used an ice cream scoop with a wire level, which worked perfectly). Sprinkle the tops of the muffins with turbinado sugar. Bake the muffins for 16 to 19 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
6. Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan. If you have leftover muffins, store them, covered, at room temperature for 2 days, or in the refrigerator for up to 5 days. Freeze leftover muffins for up to 3 months.

Mini Egg and Cheese muffins

Nutrition Facts

Serves 6

Amount Per Serving

Calories 71

% Daily Value*

Total Fat 4.1g 5%

Saturated Fat 1.9g

Polyunsaturated Fat 0.4g

Monounsaturated Fat 1.3g 0%

Cholesterol 70.4mg 23%

Sodium 143mg 6%

Total Carbohydrate 2.9g 1%

Dietary Fiber 0.3g 1%

Sugars 1.2g

Protein 5.7g 11%

Vitamin A 13% Vitamin C 3%

Calcium 6% Iron 2%

Vitamin D 4%

Healthy Blueberry Muffins

Nutrition Facts

Serving Size 1 muffin

Serves 12

Amount Per Serving

Calories 197

% Daily Value*

Total Fat 7.6g 10%

Saturated Fat 5.6g

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0.8g 0%

Cholesterol 32.9mg 11%

Sodium 160.9mg 7%

Total Carbohydrate 28.5g 10%

Dietary Fiber 2.2g 8%

Sugars 14.9g

Protein 5.4g 11%

Vitamin A 4% Vitamin C 2%

Calcium 5% Iron 5%

Vitamin D 2% Magnesium 7%

Potassium 11% Zinc 7%

Phosphorus 13% Thiamin (B1) 8%

Riboflavin (B2) 9% Niacin (B3) 6%

Vitamin B6 6% Folic Acid (B9) 4%

Vitamin B12 7% Vitamin E 2%

Vitamin K 1%