Authentic Assessment for Employability
Examples of practice.

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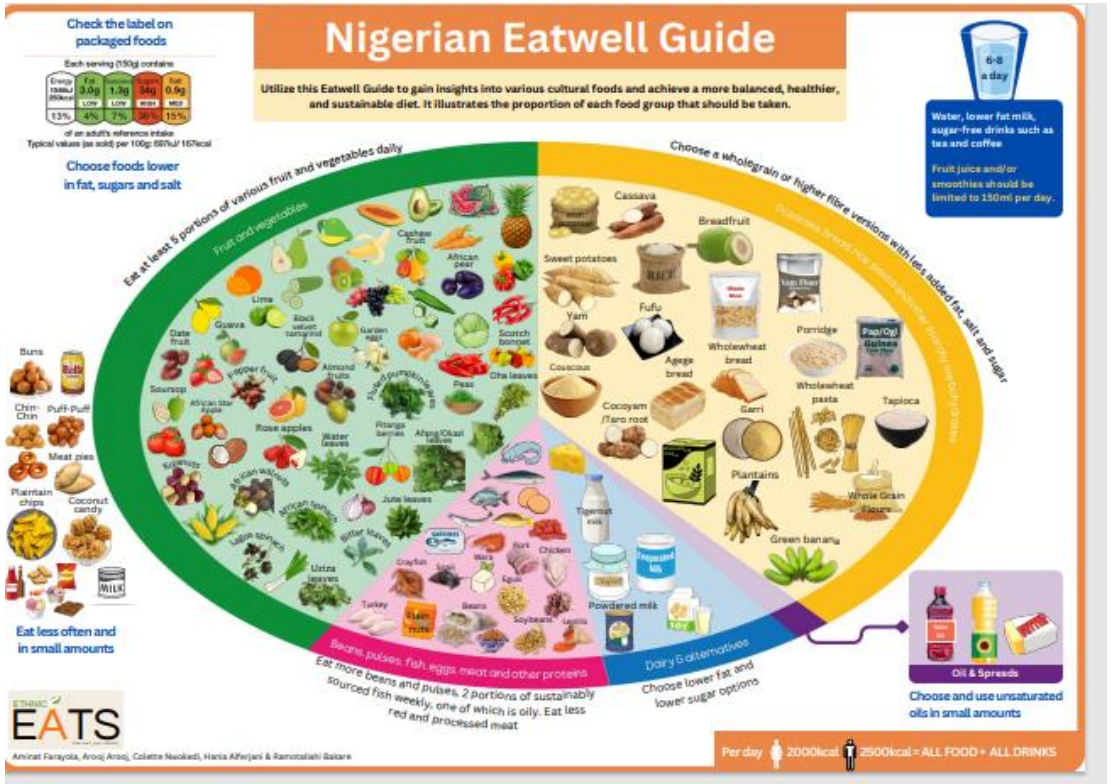
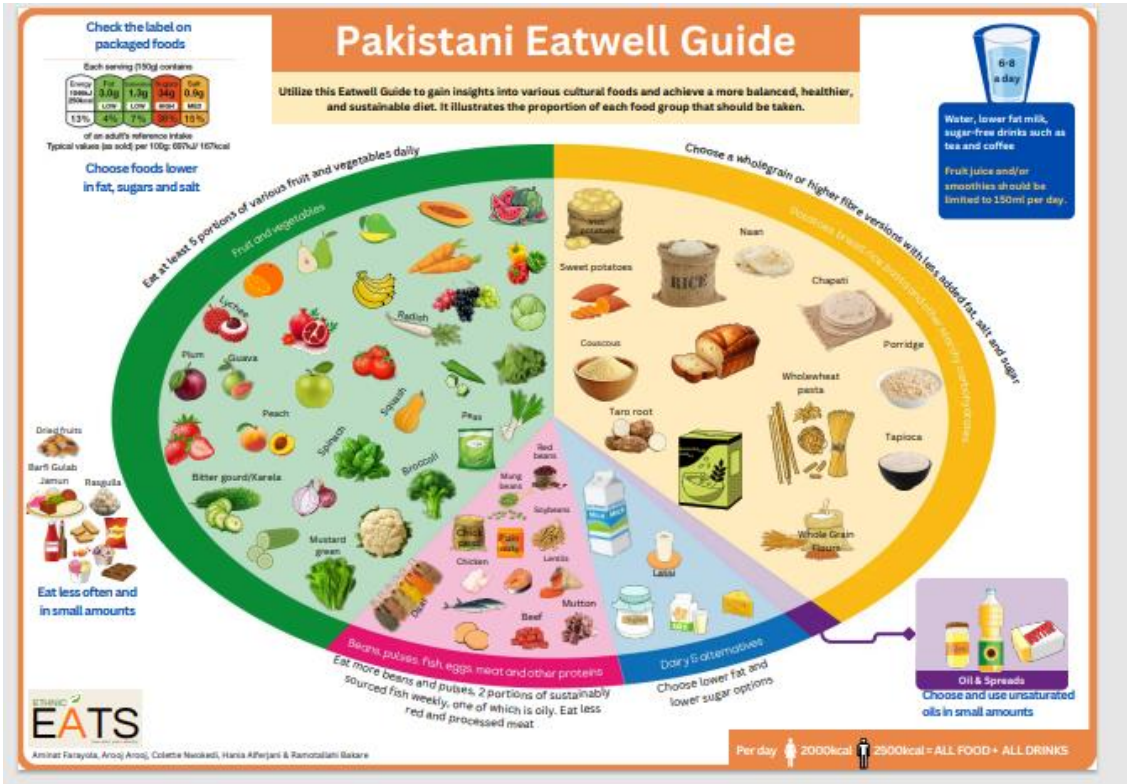
Eatwell Guides adapted to different cultures.





Vitamin A deficiency: video of PHN in practice

Educating parents on vitamins for children

Metropolitan University

Mini Vits

Calcium & Vitamin D

Group	Age (yrs)	Vitamin D (µg) per day
Infants	< 1	8.5-10
Children	1-10	10
Adolescents	11-18	10

(British Nutrition Foundation, 2021)

mini vits — childhood nutrition in your hands

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muscles and teeth healthy and is important in preventing rickets (a condition characterised by weak bones). It helps us to absorb calcium from our diet as even if our diet is rich in calcium, without adequate Vitamin D we cannot absorb calcium where it is needed.

Most of our Vitamin D comes from sunshine and it's difficult to get enough Vitamin D through diet alone, but some sources include:

- oily fish e.g. salmon, sardines
- egg yolks
- fortified foods – such as some spreads and breakfast cereals, infant formula milk

All infants under 1yrs old should be given a daily supplement except when having 500ml or more fortified formula milk.
Children 1-4yrs and those at risk of Vitamin D deficiency should be given a daily supplement.
Children 5yrs+ a daily supplement during autumn and winter is recommended due to reduced sunlight exposure.

(British Dietetic Association, 2019b)

Food	Portion	Calcium (mg)
Cow's milk	100ml	120
Lacto-free milk	100ml	120
Calcium fortified plant-based milk	100ml	120
Cheddar	30g	222
Cheese triangle	15-17.5g	84-138
Fromage frais	47-85g	80-128
Calcium-fortified cereals	30g	174
Calcium-fortified infant cereal	20g	120
Calcium-fortified	30g	400

What is Calcium?

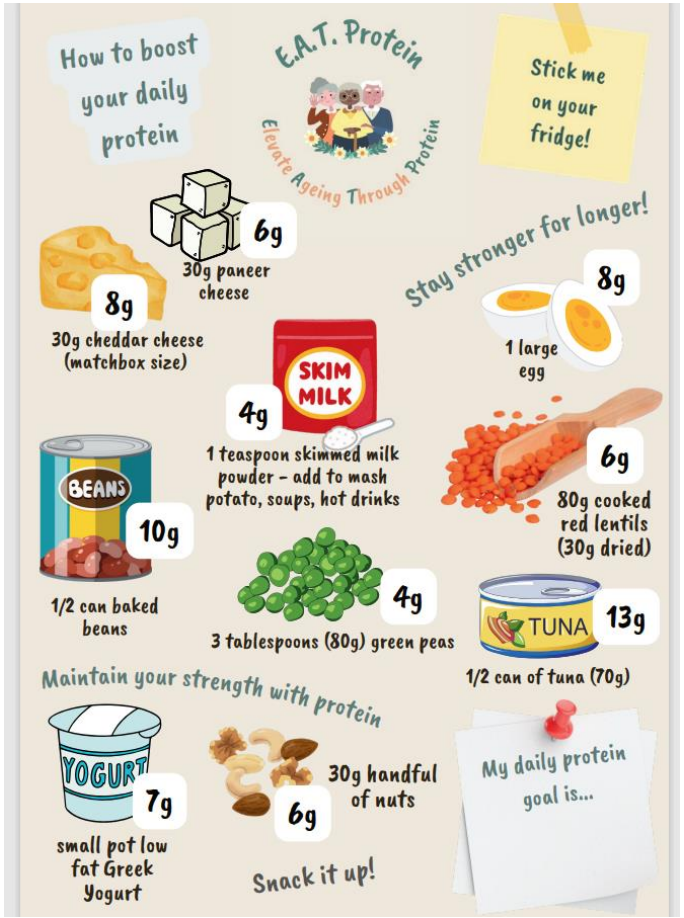
Calcium is a mineral that is needed to build strong bones and teeth during childhood and adolescents, it also regulates muscle function and heartbeat. We cannot make calcium so we must get this from our diet.

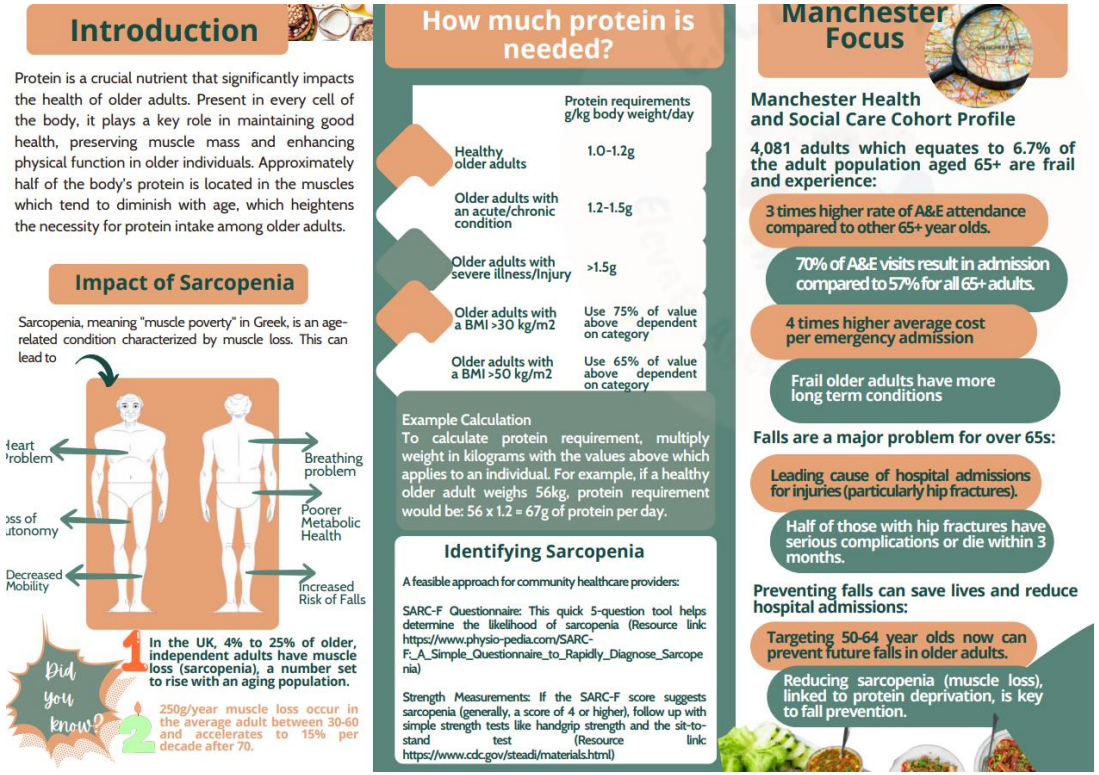
Reference Nutrient Intakes (RNI)

Group	Age (yrs)	Calcium (mg) per day
Infants	< 1	525
Children	1-3 4-6 7-10	350 450 550
Adolescents	11-18	800 (girls) 1000 (boys)

Food	Portion	Calcium (mg)
Sardines (with bones)	60g	273-407
Calcium-set tofu	100g (uncooked)	350-400
White bread	2 slices	155
Wholemeal bread	2 slices	106
Pitta/ chapatti	65g	90
Rice pudding	200g	198
Orange	120g	29
Broccoli	85g	36
Kale	100g	150

Protein in the elderly





Other nutrition campaigns