



# DIET FOR SCHOOL GOING CHILDREN DURING CORONA CRISIS

By

**West Bengal Commission for Protection of Child Rights**

In view of the world's pandemic corona 19 crisis and the subsequent prolonged lockdown of countries, the children are being subjected to the restraints of staying at home all the time. As a result, many of them are found to suffer from physical and mental stress, restlessness, irritability and lack of sleep. A healthy and balanced diet-chart that will take care of both, the children's nutritional needs and their cravings for fast/street food, has been prepared by Smt. Shampa Chakrabarty, Consultant Dietician. This is being shared below by WBCPCR for the benefit of all.

# Sample Diet Chart for 7 - 9 years old School Children

## Daily Nutritional Requirements:

- Food Energy: 1950 Kcal,
- Protein: 41gm,
- Calcium: 400mg,
- Iron: 26mg,
- Fat: 20gm,
- Vitamin C: 40mg



**Early Morning:** Double toned milk 1glass [Bengal gram powder may be added in milk];  
Biscuits 2 / Almonds 4 and walnut 1

## Breakfast:

<ul style="list-style-type: none"> <li>➤ Sandwiches 2ps [stuffed with cottage cheese, banana, peanut butter / butter];</li> <li>➤ Apple / Musambi / Guava 50gm</li> </ul>	<b>OR</b>	<ul style="list-style-type: none"> <li>➤ Chapatias 2,</li> <li>➤ Soybean / Bengal gram curry ½ bowl;</li> <li>➤ Mango / Pineapple / Apple / Musambi 50 gm</li> </ul>	<b>OR</b>	<ul style="list-style-type: none"> <li>➤ Pancake / Idli with egg and vegetables;</li> <li>➤ Seasonal fruit / Raita 50gm</li> </ul>	<b>OR</b>	<ul style="list-style-type: none"> <li>➤ Paneer Stuffed Paratha 2,</li> <li>➤ Raita 1 serving</li> </ul>
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**Midmorning:** Seasonal fruits 100gm/ strawberry delight/Banana Smoothie/ Water melon smoothie.

## Lunch:

<ul style="list-style-type: none"> <li>➤ Rice 2 cups;</li> <li>➤ Dal/ Pulses ½ cup[vegetables may be added in it];</li> <li>➤ Fish / Chicken / Egg / Paneer / Mushroom 1 serving [Green Pomfrette / Hariyali Chicken / Palak Paneer etc are better option than plain non veg recipes];</li> <li>➤ Salad 1 serving;</li> <li>➤ Chutney 2 Tbl sp</li> </ul>	<b>OR</b>	<ul style="list-style-type: none"> <li>➤ Chicken pish pash 2 cups with 100gms chicken;</li> <li>➤ Salad 1 serving;</li> <li>➤ Chutney 2 Tbl sp</li> </ul>
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**Evening Snack:** Jhalmuri [with puffed rice, nuts, Bengal gram, onion, salad, boiled potatoes etc]

**OR,** Aloo Chhole Tikia 4

**OR,** Crispy Baby corn 100gms

**OR,** Semai or Semolina halwa 150 gm

**OR,** Maggie with freshly chopped veg [not more than 2 times /week]

## Dinner:

<ul style="list-style-type: none"> <li>➤ Wheat chapatias 2/3;</li> <li>➤ Dal / Egg/ Soya chunk curry/ paneer curry 1 serving ;</li> <li>➤ Milk / Cottage cheese/ Fruit custard</li> </ul>	<b>OR</b>	<ul style="list-style-type: none"> <li>➤ Chicken / Egg with Mixed vegetable fried rice 300gms</li> </ul>	<b>OR</b>	<ul style="list-style-type: none"> <li>➤ Mixed Vegetable Khichdi with egg</li> </ul>
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**Special note:** The sample diet chart provides about 1950 kcal and is suitable for the child of ideal body weight, height and clinically fit.

## Daily Nutritional Requirements of 10 - 12 years old School children

Nutrients	Boys	Girls
Energy (Kcal)	2190	1970
Protein (gm)	54	57
Fat (gm)	22	22
Calcium (mg)	600	600
Iron (mg)	34	19
Vitamin A (mcg)	600	600
Vitamin C (mg)	40	40

## Daily Nutritional Requirements of 13 - 16 years old School children at their Teen age

Nutrients	Boys	Girls
Energy (Kcal)	2450	2060
Protein (gm)	70	65
Fat (gm)	30	30
Calcium (mg)	600	600
Iron (mg)	41	28
Vitamin A (mcg)	600	600
Vitamin C (mg)	60	60

# Sample Diet Chart for 10-16 years old School going Children

## Early Morning:

Sprouted Bengal gram, or soaked raisins and almonds.

## Morning Tea:

Double toned milk, Oats / thin / cream cracker biscuits



## Breakfast:

<ul style="list-style-type: none"> <li>➤ Paneer / Sabji stuffed Paratha;</li> <li>➤ Raita / Curd</li> </ul>	OR	<ul style="list-style-type: none"> <li>➤ Oats pancake with egg and vegetables;</li> <li>➤ Seasonal fruits</li> </ul>	OR	<ul style="list-style-type: none"> <li>➤ Sandwiches stuffed with egg, cheese, salad etc</li> <li>➤ Sour curd</li> </ul>	OR	<ul style="list-style-type: none"> <li>➤ Wheat chapaties; Rajma / Tarka / Soya chunk curry;</li> <li>➤ seasonal fruits</li> </ul>
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## Midmorning:

<ul style="list-style-type: none"> <li>➤ Mango / Banana / Strawberry / watermelon smoothie</li> </ul>	OR	<ul style="list-style-type: none"> <li>➤ Mixed Fruit Salad</li> </ul>	OR	<ul style="list-style-type: none"> <li>➤ Fruit Custard</li> </ul>
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## Lunch:

- Rice / Chapaties
- Dal / Legumes / Pulses
- Bitter gourd / Neem leaves (boiled / sukto in any form)
- Dark Green leafy Vegetables/ Saag
- Fish / Chicken / Egg / Soybean / Mushroom / Paneer
- Homemade Curd

## Evening Snack:

Chira poha / Soya momo / Sooji upma / Baked Corn / Spinach Cutlet / Sprout Sandwich / Paw Vaji/ Jhalmuri / Milk Cornflakes

## Dinner:

- Whole wheat chapaties
- Mixed veg curry
- Fish / Chicken / Egg / Dal / Milk (any one)

**Special note :** Recommended amount of different food stuffs as given in the sample diet chart is entirely depends upon the individuals age, sex, height, body weight, clinical history, physical activities etc

## Calorie Content of different common foods

Items	Calorie
Cooked Rice 1 Cup	90
Chapatti 1 No	80-90
Bread 1 Slice	80
Skim Milk 1 Cup	50
Fish/Chicken - 100gm	150
Boiled Egg 1	73
Seasonal Fruit 100gm	50-100
Banana 100gm	117
Maggi	300
Pasta 1 Cup	220
Mixed Veg 1 Cup	150
Potato Boiled 100gm	97
Chicken Momo 5 Ps	200
Chocolate 20gm	110
Phuchka 5 Ps	270
Cheese Burger	300
Potato Chips 100gm	536
Home-Made Potato Chips 100gm	250
Sohan Halwa 100gm	400
Ghee /Butter 1tsp	45-50
Sugar 1tsp	20
Ice-Cream 100gm	300 & more
Oats Pancake Large	400
Sooji Upma 2/3 Cup	200
Baked Corn 2/3 Cup	150
Paneer Paratha 1no	234
Grilled Paneer Sandwich 1	158
Rajma/Chhole/Tarka 1 Cup	200
Chicken Biryani 1 Plate	500

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