

Healthy Kitchen

NUTRITION GUIDE - CALORIC NEEDS



The MET’s Nutrition Program offers our students fresh, well balanced meals that not only will improve their academics, but forge healthy habits that will last a life time. The meals and portions provided by the school (snack and lunch) are determined by the caloric needs of children ages 3-18 as determined by the US National Academy of Science, the Institute of Nutrition of Central America and Panama (INCAP), the World Health Organization (WHO), the United Nations University (UNU) and the Food and Agriculture Organization (FAO).

Below you will find the average daily caloric needs of a child per age group.

Caloric needs according to age	Age	Calories (kcal) per day
	3 years	1200 kcal
	4 – 8 years	1700 kcal
	9 – 13 years	2100 kcal
	14 – 18 years	2300 kcal

Taking into consideration the caloric needs per age group, we carry out a percentage distribution for each meal: breakfast (30%), snack (15%), lunch (30%), and dinner (25%) represented in the chart below:

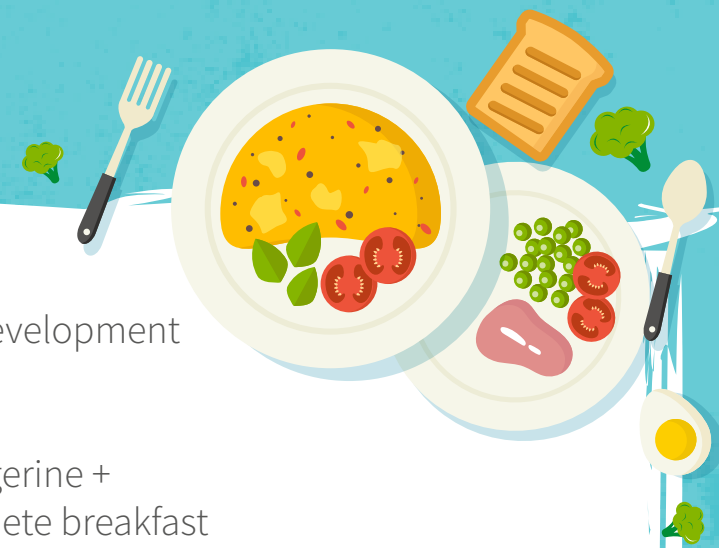
Ages	Calories	Distribution	
3 years	1200 kcal	S (15%): 180 kcal	L (30%): 360 kcal
4 – 8 years	1700 kcal	S (15%): 255 kcal	L (30%): 510 kcal
9 – 13 years	2100 kcal	S (15%): 315 kcal	L (30%): 630 kcal
14 – 18 years	2300 kcal	S (15%): 345 kcal	L (30%): 690 kcal

*** S: Snack, L: Lunch ***

Sources: National Academies of Science (USA), INCAP (in conjunction with the OMS, UNU and FAO)

Healthy Kitchen

NUTRITION GUIDE - PORTIONS



The objective of Healthy Kitchen is to offer “home-made” food without the use of preservatives, artificial colors or refined sugar to promote the development of healthy habits that will last a lifetime!

Snack: At the MET we offer a daily snack which consists of a fruit + natural juice + snack (sweet or salty). A sample of a daily snack could be: 1 tangerine + tequeño + natural juice. The snacks offered at the MET are not meant to replace a full breakfast. It is recommended that each student has a complete breakfast at home prior to starting their school day.

The approximate portions that we serve during lunch is as follows:

Grade	Portions		
Early Childhood 3-4	Carbohydrate: 2 oz	Vegetables: 2 oz	Proteins: 2 oz
Kinder	Carbohydrate: 2 oz	Vegetables: 2 oz	Proteins: 2 oz
1st, 2nd, 3rd	Carbohydrate: 4 oz	Vegetables: 2 oz	Proteins: 4 oz
4th, 5th, 6th	Carbohydrate: 4 oz	Vegetables: 4 oz	Proteins: 4 oz
7th, 8th, 9th	Carbohydrate: 6 oz	Vegetables: 4 oz	Proteins: 6 oz
10th, 11th, 12th	Carbohydrate: 6 oz	Vegetables: 6 oz	Proteins: 6 oz

Each student will receive a complete plate with all food groups following the above portions. Our objective is to encourage students to try each food group. Student may repeat up to two (2) additional times as individual students’ energy expenditure, appetite and energetic requirements may differ from the average. Additional to the plate served, students also have access to an open salad bar which contains daily: five raw vegetables, and one pasta or mixed salad. Each student also has the option of a hot soup, water and natural fruit juice.

Dietary Restrictions and Allergies

At the MET’s Healthy Kitchen we strive to manage individual dietary needs and allergies. We work along with nutritionists and to meet our students’ specific needs. If a special dietary modification is required, please contact our school nutritionist to ensure that the necessary modifications are applied. We also work closely with parents and students to ensure that students that require special modifications due to sensory or personal preferences can have their needs met.