How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

Further information

If you would like any more support of information please contact your local school nursing team – see website for contact details.
http://www.buckshealthcare.nhs.uk/School-nursing

Helpful websites
www.nhs.uk/change4life/Pages/change-for-life.aspx
www.nhs.uk/LiveWell/Goodfood/Pages/Goodfoodhome.aspx
www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

Images used are from the Public Health England, ‘Change for Life’ campaign

Healthy Eating for Young People

Year 6
School Nursing Services

Patient information leaflet

www.buckshealthcare.nhs.uk
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If you require a translation of this leaflet please call 01296 315858

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The Eatwell plate shows the different types of food that make up our diet, and shows the proportions we should eat them in to have a well balanced and healthy diet. The Eatwell plate applies to most people – whether they are a healthy weight or overweight, whether they eat meat or are vegetarian, and no matter what their ethnic origin.

Green section – vegetables and fruit
Yellow section – starchy carbohydrates: pasta, potatoes, bread
Blue section – milk and dairy
Pink section – proteins: meat, fish, eggs and beans
Purple section – sugary and fatty foods

Drink well too

As well as a healthy food diet it is important to drink 6 – 8 glasses of water a day too. Fizzy drinks and sugary squashes might taste nice but the sugar content in them makes a less healthy choice.

Vegetables and fruit (green section)

This group of foods give your body a wide range of essential vitamins, minerals and fibre. As well as being tasty and nutritious they add colour to your meals. Try to aim to eat 5 portions of vegetables and fruit everyday, these can be tinned, fresh, frozen, dried or as a smoothie. Try to eat a variety and not stick to just the same drinks.

Sweets, treats and fatty foods (purple section)

This group of foods or drinks are usually high in fat and/or sugar content. Crisps, sweets, pastries, cakes and sugary drinks for example contain a lot of energy but not a lot of nutrition. Sugary things will give you a quick burst of energy but it will only be short lived and you might feel even more hungry afterwards.

These foods and drinks should only be a very small part of your daily diet and are nice to have as an occasional treat.
What are the food groups and why are they important?

Carbohydrates (yellow section)
Foods such as potatoes, bread, cereals, rice and pasta should form at least a third of your diet. This food group is a good source of energy and the main source of a range of nutrients. As well as starch, they contain fibre, calcium, iron and B vitamins. Some people think starchy foods are fattening, but gram for gram they contain fewer than half the calories of fat.

Proteins (pink section)
Proteins are the building blocks of the human body. Our skin, hair, nails, muscles and bones are all made up of proteins. We need to provide our bodies with proteins so that muscles can be repaired and muscles can develop. The best sources of protein in the diet are meat, fish, eggs, milk and other dairy products. Plant-based foods also provide the body with a source of protein (such as beans, lentils and pulses) but you need to have a good mixture to provide the range of proteins you need.

Eggs, milk and dairy products (blue section)
This food group is a good source of protein and calcium. Our bodies need protein to work properly and to grow or repair themselves. Dairy foods can be high in fat and some cheeses contain a lot of salt. Eggs are a good choice as well as being a source of protein, they also contain vitamins and minerals. They can be part of a healthy meal that's quick and easy to make.

Information from:
Public Health England - Change for Life
NHS – Eatwell Plate

Getting it right

It is a good idea to try to get this balance right every day, but you don't need to do it at every meal. You may find it easier to get the balance right over a longer period, say a week. Try to choose food options that are lower in salt when you can.

Eating healthily is about eating the right amount of food for your energy needs. Learning how to read the labels will help you make healthy choices.

The school nursing team also have a leaflet on physical activity which you might find helpful.
Vitamins and Minerals

These are needed by the body in small amounts for growth, development and to function efficiently. Below are the main vitamins and minerals and the best food sources of each.

Vitamin A
The body needs this for skin development and repair, and for the development of good eyesight.
Sources: Eggs, fish oils, carrots, dark green or yellow vegetables

B Vitamins
The body requires this group of vitamins for energy production, growth and repair.
Sources: found in a variety of sources - dairy products, wholegrain products, meat and fish. Folic acid is an important B vitamin, which is required for the production of red blood cells. Sources: rich sources are fruit and vegetables

Vitamin C
This is required for healthy skin, bones, and muscles, for wound healing and for the development of good eyesight.
Sources: fruit and vegetables

Vitamin D
This is required for healthy bones and teeth
Sources: sunlight, also found in small amounts in dairy foods, eggs and oily fish

Calcium
This is required for healthy teeth and bones
Sources: Dairy foods, leafy green vegetables, nuts, root vegetables, fish with bones (e.g. sardines)

Iron
This is required for the production of red blood cells and for a healthy immune system.
Sources: Red meat, oily fish, dark green vegetables, eggs, beans and pulses, dried fruit, cereal products

Zinc
This is required for wound healing and a healthy immune system.
Sources: red meat, dairy products