

**TOPICS ON: AWARENESS ON STROKE , EPILEPSY AND A SCIENCE PROJECT ON NUTRITION**

**VENUE: SESHU ENGLISH MEDIUM SCHOOL ,BUJA BUJA NELLORE**

**DATE & TIME: 11<sup>TH</sup> AUGUST 2018**

**NUMBER OF STUDENTS ATTENDED: AROUND 100 MEMBERS**

**GIVEN BY: DR BINDUMENON**



**DR BINDUMENON's TALK AT SESHU ENGLISH MEDIUM SCHOOL ,BUJA BUJA NELLORE**













STUDENTS ATTENDED

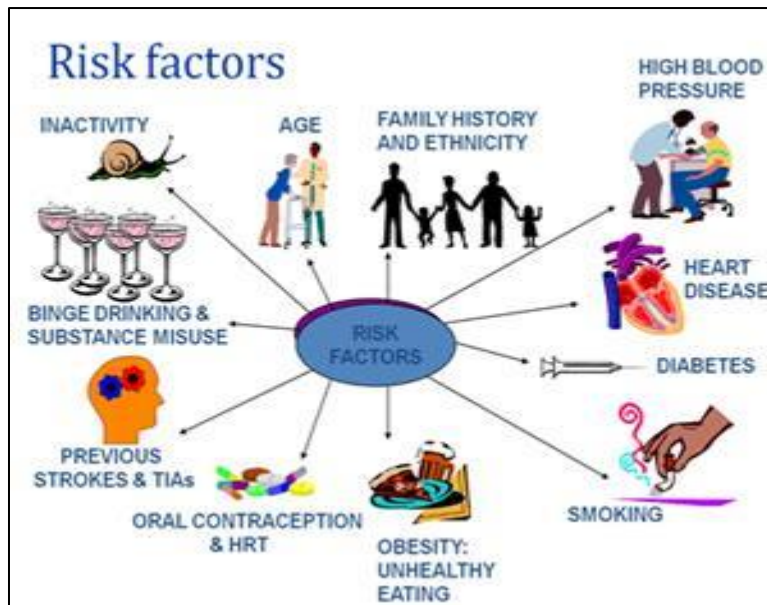
## STROKE

A **stroke** is a medical condition in which poor blood flow to the brain results in cell death. There are two main types of stroke: ischemic, due to lack of blood flow, and hemorrhagic, due to bleeding. They result in part of the brain not functioning properly.

**BE FAST** is an acronym used as a mnemonic to help detect and enhance responsiveness to the needs of a person having a stroke. The acronym stands for **B** Balance, **E** eyes, **F**acial drooping, **A**rm weakness, **S**peech difficulties and **T**ime to call emergency services.

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>Balance</b>	<b>Eyes</b>	<b>Face</b>	<b>Arms</b>	<b>Speech</b>	<b>Time</b>
					
<b>B is for Balance:</b> Does the person have a sudden loss of balance?	<b>E is for Eye:</b> Has the person lost vision in one or both eyes?	<b>F is for Face:</b> Does the person's face look uneven?	<b>A is for Arm:</b> Is one arm hanging down?	<b>S is for Speech:</b> Is the person's speech slurred? Does the person have trouble speaking or seem confused?	<b>T is for Time:</b> Call 911 now!

## RISK FACTORS



Students were so interactive with the session. Have made them understand about the importance of time in stroke and emergency treatment.

## NUTRITION

### **INTRODUCTION TO NUTRITION FOR CHILDREN IN SCHOOLS**

Poor nutrition compromises both the quality of life of school-aged children but also their potential to benefit from education. Attaining optimal nutrition involves eating three meals a day and two nutritious snacks, as well as limiting the intake of high sugar and high fat foods. Consuming generous amounts of fruits, vegetables, lean meats and low fat dairy products, including three servings of milk, cheese or yoghurt to meet their calcium requirement, can also prevent many medical problems. This includes becoming overweight, developing weak bones, and developing diabetes.

### **ESSENTIAL NUTRIENTS FOR THE SCHOOL-AGED CHILD**

School-aged children grow significantly, but at slower rate, whilst being very physically active in general. As a result, their nutritional needs are high and critical. Additionally, genetic background, gender, body size and shape are all important determinants of nutrient requirements. A recent review of research on the effects of deficiencies in zinc, iodine, iron and folate on the cognitive development of school-aged children showed that nutrition has an impact on children's ability to think. For example, deficiencies in iron and zinc have been associated with impairment of neuropsychological function, retardation of growth and development, reduced immunity and increased vulnerability to infectious diseases. The essential nutrients for optimal health are:



## ENERGY

Carbohydrates and fats provide energy for growth and physical activity. During periods of rapid growth, appetites increase and children tend to eat constantly. When growth slows, appetites diminish and children eat less at meal times. The brain needs energy to function properly and hence the supply of glucose is relevant and critical. Cognitively demanding tasks, such as schoolwork, require regular supplies of glucose to the brain in order to enhance cognitive functioning and improves memory and mood.

## PROTEIN

Protein builds, maintains and repairs body tissue. It is especially important for growth. It's important that parents encourage children to eat two to three servings of protein daily. Good sources of protein for children include meat, fish, poultry, milk and other dairy.

## ESSENTIAL FATTY ACIDS

Deficiency of unsaturated fatty acids may have a negative impact school performance. In a randomised controlled trial, six months of treatment with fatty acid supplements among 102 dyslexic school aged children significantly improved reading age on standardised tests of single word reading. Dyslexia and Dyspraxia are associated with difficulties with spelling, handwriting and written expression.

## CALCIUM

Calcium is important in building strong bones and teeth. Bone density suffers when calcium needs are not met during childhood years. Osteoporosis, a weakened bone disease affects a significant proportion of adults. This begins in childhood if diets are not providing adequate calcium-rich foods. Milk and dairy products and from some dark green, leafy vegetables are good sources of calcium.

## IRON

Children need iron because of rapidly expanding blood volume during growth. Meats, fish, poultry, and enriched breads and cereals are the best sources of dietary iron.



## NUTRITIONAL PROBLEMS IN SCHOOL-AGED CHILDREN

Provision of adequate diet for the school aged child will enhance learning capacity as well as prevent adult diseases such as ischaemic heart disease, hypertension, some types of cancer and diabetes. Some of the nutritional problems in this age group include the following:

Obesity  
Eating disorders  
Blood cholesterol levels  
Dental caries  
Anaemia



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## NUTRITIONAL ADVICE FOR SCHOOL-AGED CHILDREN

The best nutrition advice to keep your children healthy includes encouraging them to:



- Eat breakfast every day to help maintain concentration in class. A good breakfast should be able to provide a third of the total daily energy requirement. A typical

breakfast includes a cereal (for example, rice, bread, and oats), protein-rich food such as egg, a glass of milk and vitamin C rich fruit e.g. orange, and papaya. One study found that an overnight and morning fast among school children had deleterious effects on memory and attention. Empirical evidence from research on the effects of breakfast on cognition shows that particularly for younger children, skipping breakfast can have adverse effects on both general energy levels and cognition of school children.

- Eat a variety of foods in order to have adequate nutrient intake.
- Balance the food you eat with physical activity.
- Choose a diet with plenty of grain products, vegetables and fruits.
- Choose a diet low in fat, saturated fat, and cholesterol. Buy low-calorie and low-fat meals, snacks and deserts, low fat or skim milk and diet drinks.
- Choose a diet that provides enough calcium and iron to meet their growing body's requirements.
- Teach children from an early age about nutrition, foods, drinks, healthy eating and drinking. They should be taught what happens to the food they consume.
- Choose a diet moderate in sugars and salt. Avoid giving large amounts of sweet deserts, soft drinks, fruit-flavored drinks, sugar-coated cereals, chips or candy, as they have little nutritional value.



**ADEQUATE NUTRITION OF SCHOOL AGED CHILDREN  
WILL ALSO ENSURE THEY GROW TO THEIR FULL  
POTENTIAL, AND PROVIDE THE STEPPING STONES  
TO A HEALTHY LIFE.**

INNSA