Meal Planning.

Life cycle stages.

Some factors to consider:
- Daily activity
- Money available
- Like and dislikes
- State of health
- Occasion
- Religion

Nutritional individual needs -> what a person requires in terms of food in order to stay healthy. They differ in different stages of your life ex. Infants, children, adolescents, pregnant/lactating mothers, adults, elderly, and health conditions and even what lifestyle you live ex. Athletes, sedentary people, invalids etc.

Meal planning for infants:

Nutrients needed:
- Carbohydrates
- Protein and amino acids
- Fats and essential fatty acids
- Vitamins - A, D, E, K, C
- Minerals - Folate, Calcium, Iron, Zinc
- Water

- They rely on milk so breast milk or formula milk is the ideal food for babies till 6months of age as it contains all the nutrient needed.

- Breast milk is preferred because:
  - All nutrients are present in the right amounts as well as already broken down ready to absorb.
  - Breast several natural agents (antibodies) which protect the baby from diseases.
  - It’s clean and can’t be prepared incorrectly.
  - No allergies.
Diet Related Disorders.

Illnesses that result from the type of food we eat daily.

Hypertension (high blood pressure)

A person suffers from this due to:
- Family history
- Being overweight
- Excessive alcohol consumption
- Lack of exercise
- Poor diet
- Stress

Hypertension - the narrowing of the arteries, if blood pressure is high then CHD and strokes follow.

Effects of hypertension - When blood is forced through the arteries at high pressure, it's more likely to damage the artery walls. Walls become thicker forming scars in order to heal however cholesterol is more likely to deposit in these places and when mixed together they form a blood clot which clogs the artery and leads to thrombosis.

How to treat hypertension;
- Eating a diet low in fat and salt
- Keeping physically active

Coronary Heart Disease (CHD)

- Cholesterol is a type of fat which our liver produces in very small amounts, since our body needs it to form brain cells, however we tend to eat meat products which contain a lot of cholesterol and this leads it to clog up in the arteries.

Types of Cholesterol.

<table>
<thead>
<tr>
<th>High Density Lipoprotein (HDL)</th>
<th>Low Density Lipoprotein (LDL)</th>
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</thead>
<tbody>
<tr>
<td>Traps LDL cholesterol and transports it to the liver to be destroyed</td>
<td>Sticks to the blood vessels inner side of the walls making them narrower therefore harder for blood to pass.</td>
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Atherosclerosis - Causes narrowing of blood vessels which occurs when LDL cholesterol accumulates and becomes damaged in the vessel walls causing them to fur up. Walls become thicker because of an overgrowth of wall tissue and an accumulation of blood clot material, forming hardened plaque. This leads to a reduced flow of blood to the heart and may cause angina (chest pain).
**Preventing food poisoning:**

**Kitchen Hygiene.**

**Using the kitchen:**

- Kitchen surfaces must be cleaned after preparing foods.
- Clean as you go.
- Wash hands and utensils after handling raw foods which can easily cross-contaminate.
- Wash all dishes + utensils in hot water and washing up liquid.
- If using the dishwasher make sure the right amount of salt and detergent is used and when possible use the highest temp. Cycle as that's the most effective.
- Keep cupboards clean and clear out every once in a while.

**Cleaning materials:**

- Use Disinfectants over Detergents as Detergents were Designed to dissolve grease, oil and dirt whilst Disinfectants kill germs.
- However using them together gives the max. Result so first clean surfaces with Detergents then with Disinfectants.

**Rubbish:**

- Empty the garbage regularly and clean the garbage bin weekly to prevent bacteria from festering.

**Pets:**

- Keep pets away from the kitchen as they carry germs on them from playing outside where they might come across other animals such as rodents.

**Personal Hygiene.**

Germs can stay on our hands for up to 3 hrs so its imp to wash our hands throughout the day.

<table>
<thead>
<tr>
<th>Before</th>
<th>Between</th>
<th>After</th>
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<tbody>
<tr>
<td>Preparing food</td>
<td></td>
<td>Handling raw foods</td>
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<td></td>
<td></td>
<td>Using the toilet</td>
</tr>
<tr>
<td>Eating</td>
<td>Handling raw foods</td>
<td>Touching pets + the rubbish bin</td>
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<td></td>
<td></td>
<td>Caring for babies + sick people</td>
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</table>
Best before dates - used for foods with a longer life, it will indicate till when the food will be at its best quality but these foods can be eaten after the best before date.

First Aid.

First aid is the professional assistance / treatment given to someone inured or suddenly taken ill before the arrival of an ambulance, doctor or qualified person.

The person offering this help to a casualty must:

- Act calmly and with confidence.
- Must plan quickly what is needed to do.
- Must send for immediate help.
- Must be willing to offer assistance and encouragement to the injured person.

Aims of First Aid:

- To preserve life.
- To limit worsening of the condition.
- To promote recovery.

First Aid Kit/Box should:

- Be very clean.
- Have a well fitted lid.
- Be stored in a cool, dry place because humid, dry and warm temp. Destroy the chemicals found in the medicine.
- Be stored in every home, work place and car in case of any emergency.
- Be stored out of children’s reach.
- Be stored in the kitchen as that’s the most common place where injuries take place.
- Be emptied of its expired medicines and products.

What should be kept in a first aid box?

- Clean scissors - to cut bandages and dressings.
- Waterproof bandages - to stop bleeding and cover the wound.
- Cotton wool - to remove blood.
- Disposable gloves - to prevent infection.
- Tweezers - for picking out splinters.
- Thermometer - to monitor temp.
- Medicine - to treat pain / sickness.
Aim is to monitor the patient and give rescue breaths if necessary. First phone for an ambulance then check casualty’s airway and clear it if it’s blocked, if casualty is unconscious give rescue breaths. Place casualty in recovery position as it prevents the tongue from blocking the throat. Monitor and record breathing, pulse and level of response every 10min until help arrives.

### Burns and Scalds

Burns result from:
- Direct heat.
- Extreme cold.
- Corrosive substances.
- Friction.
- Radiation (sun’s rays)

Scalds result from - wet heat from hot liquids and vapours.

**Types of Burns:**
- Superficial burn - outer layer of the skin gets burned.
- Partial - thickness burn - deeper burn which causes blisters and visible raw skin.
- Full - thickness burn - all skin layers, muscles, nerves, and fat tissue are damaged.

**Treatment:**
First stop the burning to relieve pain and swelling and to minimize risk of infection. Then cool the burn/scald immediately under cold running water for 10min, while doing so remove any jewellery or objects off the injured part.

### Suffocation and Choking

**Suffocation** - results from a physical barrier to the airway, either food, vomit or a foreign material such as carbon monoxide which might interfere with the ability of the blood to absorb oxygen, can be blocking this airway.

**Choking** - results from a foreign object sticking to the back of the throat which makes it hard to breathe and speak.

**Treatment:**
Aim is to remove the obstruction and so restore normal breathing. First encourage casualty to cough then grab fist with the other hand and give 5 quick inward + upward thrusts and check the mouth. If back slaps fail then stand behind casualty, put your