



HUMAN AND SOCIAL DEVELOPMENT LEVEL 2

NUTRITION AND STIMULATION: PAGE
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A) NUTRITION

- ▶ DEFINITION: The process of providing or obtain the food necessary for health and growth
- ▶ The brain needs food in order to grow. The brain gets the food when we eat correct.
- ▶ Food that is good for brain development:
 - Food high in antioxidants: berries, apples spinach
 - Food high in omega 3 fatty acids: sardines, salmon, walnuts
 - Complex carbohydrates: whole wheat bread, peanuts, yoghurt
 - All fruits and vegetables and fish
- ▶ Food that is not good for brain development:
 - Food high in sugars; sweets, chocolates, cool drinks
 - Food high in polyunsaturated fats: sunflower oil, mayonnaise, chips, margarine
 - Simple carbohydrates; biscuits, white bread
 - All sugar, biscuits, cool drinks

B) STIMULATION

- ▶ Definition: Activities that stimulate your baby's brain and 5 senses and it will improve a person's intelligence.
- ▶ If you stimulate a child's brain from an early age, the brain of that baby will develop more and he/she will become more intelligent - that is stimulation!!
- ▶ How do you do it?
 - ❖ Good early child care : good nutrition, balanced meal
 - ❖ Good emotional care: Holding, cuddling and talking to your baby
 - ❖ Stimulation: play with your child, read to your child and sing to your child

Facts to remember:

- 80% of a person's adult intellectual abilities has developed by the age of 7 years.
- Stimulation of the the brain can never stop! Each time that you learn something new, your brain develops