

**Mu 2.8: Contribute to the support of the positive environments  
for children and young people**

This unit is about creating a positive environment for children that meets the EYFS requirements.

EYFS requirement for a positive environment are:

- Promoting safety
- Promoting happiness
- Promoting health
- Promoting learning and development
- Providing a suitable environment
- Providing variety of resources
- Understanding that every child is unique

<b>Supporting a safe environment</b>	<b>Providing variety of resources</b>	<b>Provisions for individual needs</b>	<b>Giving sense of belonging</b>	<b>Promoting learning and development</b>
Safe outdoor and indoor area	Bike, toys and artwork suitable for different age group.	Toilets for disabled children.	Smile and welcome children	Playing board games Playing with dough
Pleasant room temperature and adequate ventilation.	Water proof gear and aprons available for water activities.	Ramp for wheel chairs	Listen and show interest	Baking and cooking
Fire drill, smoke alarm and emergency equipment available.	Quiet area for reading books and doing puzzles.	Angled spoons	Display work of children	Role play activities
Appropriate toilets	Storage facility for and pit and water.	Adapt activities: Sand tray on table	Display photos with names	Story time Singing nursery rhymes

## Personal Hygiene

Condition	Description	Symptoms / causes	Prevention / treatment
Head lice	<p>Tiny grey-brown insects that live in the hair of a person's scalp and feeds of the blood from the scalp.</p> <p>They spread by climbing from the hair of an infected person to the hair of someone else.</p>	<p>Itchy scalp Rashes may appear on the back of ear or neck.</p> <p>Head to head contact with an already infested person during play, games or sport activity.</p> <p>Using infested combs and brushes or wearing infested hats or ribbons.</p>	<p>Medical lotions and sprays. Do wet combing using a special fine tooth comb / lice comb ('bug-busting').</p> <p>Avoid sharing combs, brushes, clips, headsets and hats. Avoid head to head contacts.</p>
Skin problems: Acne	<p>Acne is an inflammation of the skin that causes red spots, bumps, whiteheads and blackhead.</p> <p>Acne can appear on the face and other parts of the body</p>	<p>Painful pimples, whitehead and blackheads. Redness, itchy, flaky and peeling skin</p> <p>Blocked oil glands in the skin. Stress Poor diet changes in hormone levels</p>	<p>Wash face twice daily to remove impurities and dead skin cells.</p> <p>Apply topical gels, creams and lotion</p> <p>Eat a balance diet , avoid fried food.</p>
Tooth decay	<p>Holes in the tooth cavities.</p> <p>Plaque (bacteria) forms acid that eat away at the tooth enamel and creates a hole in the tooth.</p>	<p>Tooth ache or an infection (abscess)</p> <p>Resulting from acid attacks from food that become trapped between teeth.</p> <p>Not brushing teeth properly Not brushing teeth in the morning and before going to bed</p>	<p>Brush teeth twice a day Floss teeth daily Use fluoride based tooth paste.</p> <p>Visit dentist twice a year</p>
Body odour	<p>Body odour is an unpleasant smell that can occur when a person sweats.</p>	<p>Sweat and smell</p> <p>Sweat and bacteria.</p> <p>The bacteria that live on the skin breaks down the sweat into acids which causes the smell.</p>	<p>Bath or shower daily with soap</p> <p>Use deodorants or antiperspirants</p> <p>Wear clean clothes</p>

## Balanced diet

A healthy diet is one that contains a balance of the following nutrients in a meal:

- Protein
- Carbohydrates
- Fibre
- Fat
- Minerals and vitamins

The table below shows food that contains the nutrients and its function in promoting a healthy body.

<b>Nutrient</b>	<b>Food</b>	<b>Function</b>	<b>Deficiency</b>
<b>Protein</b>	Fish: Salmon, tuna, sardines, prawns Meat: lamb, beef, pork Poultry: chicken, duck turkey Beans, lentils, soya, tofu and eggs Nuts: almond, walnut, cashew, peanuts	Needed for growth and tissue repair.	Lack of protein can lead to muscle wasting, fatigue, brittle nails and hair loss
<b>Carbohydrate</b>	Flour: bread, rolls, croissant, tortillas, chapattis, purees, pizzas, pies, cakes and biscuits. Pasta: spaghetti, macaroni, lasagne Potatoes: chips, roast, mash	Provides energy.	Carbohydrate deficiency can result in reduced energy levels, hence fatigue and weakness. Difficulty in fighting off disease and healing wounds.
<b>Fat</b>	Dairy: cheese, cream, butter, milk , yogurt, ice cream, lard. Nuts: almond, walnut, cashew, peanut, pecan, brazil, hazelnut Oil, margarine, sauces and salad dressings	Provides warmth and energy	Dry skin, hair loss, scaly skin, loss of menstruation. Poor absorption of vitamins and minerals
<b>Fibre</b>	Cereal, nuts, fruits and vegetables.	Helps to keep the digestive system healthy	Lack of fibre in diet may cause constipation.
<b>Calcium</b>	Dairy: cheese, milk, cream, yogurt Fish: canned salmon & sardines with edible bones.	Formation of teeth and bones.	Lack of calcium can cause tooth decay and brittle bones
<b>Magnesium</b>	Nuts: almonds, cashew, hazelnut, walnut, pecans, brazil, peanuts. Sun flower and pumpkin seeds Fish, beans and lentils, broccoli and spinach	Needed for bone development and nerve and muscle function.	Loss of appetite, nausea, vomiting, fatigue and weakness. Numbness, cramps, seizures and constipation
<b>Potassium</b>	Bananas, potatoes , citrus fruits and green vegetables.	Lowers blood pressure.	Abdominal cramps, constipations. Fainting and palpitations
<b>Iron</b>	Red meat: beef, lamb, venison Vegetable: broccoli , green beans, peas Fish, eggs, green beans , peas	Carries oxygen to the cells	Lack of iron may cause fatigue or anaemia.
<b>Zinc</b>	Sea food: Prawns Meat: beef, lamb Poultry: chicken, duck, turkey Spinach and nuts	Maintains a healthy immune system  Keeps healthy skin	Lack of zinc may cause more colds and vulnerable to fighting off infection.
<b>Vitamin A</b>	Carrots , sweet potatoes, dark leafy greens, cabbage, okra and aubergines, red pepper Fruit: cantaloupe melon, Dairy: milk, butter, cheese and eggs Fish: tuna fish	Good for sight. New cell growth, healthy hair, skin and tissue. Vision in dim light	Poor night visions  Difficulty fighting infection
<b>Vitamin B 12</b>	Dairy: milk and yogurt Red Meat: beef, lamb and liver, Shell fish: prawns	Formation of red blood cells. Building proteins in the body. Function of nervous tissues	Stomach upset and weight loss. Diarrhea or constipation. Weakness and tiredness. Easy bruising and bleeding
<b>Vitamin C</b>	Fruits: mangoes, oranges, strawberries, pears and apples, guava, bananas, melons, grapes Vegetables: mushrooms, cucumber	Healthy skin, hair and nails. helps heal wounds	Scurvy ( skin condition) easy bruising muscle and joint pain Tiredness and weakness
<b>Vitamin D</b>	Dairy: milk, cheese Fish: salmon and sardines Eggs	Formation of healthy bones	Bone pain and muscle weakness Rickets and arthritis in adulthood

<b>Food</b>	<b>Allergies</b>	<b>Signs and symptoms</b>	<b>Action</b>	<b>Alternative food</b>
<p><b>Dairy product</b></p> <p>Milk, cheese, cream, ice cream and yogurt</p>	Lactose intolerance- inability to digest lactose enzyme found in milk products.	<p>Difficult breathing, itchy skin, rashes</p> <p>Stomach pain, diarrhoea, nausea, vomiting</p> <p>Blood pressure, swelling around the mouth or in the throat</p>	<p>Hospital treatment needed immediately</p> <p>Get advice on dietary concerns available from: GP, health advisors , early years advisors, leaflets from clinics and hospitals</p>	<p>Soya milk</p> <p>Rice milk</p> <p>Oat milk</p> <p>Lactose-free milk</p>
<p><b>Eggs</b></p>	<p>Raw egg</p> <p>Dried powder egg</p> <p>Egg white/ egg yolk</p> <p>Egg protein</p> <p>Egg lecithin</p>	<p>Stomach pains, diarrhoea, nausea, vomiting or itchy around the mouth.</p> <p>Difficulty breathing or rapid heartbeat or low blood pressure.</p> <p>Hives, eczema, flushing or swelling.</p>	Hospital treatment needed immediately	<p>Egg free cakes</p> <p>Egg free biscuits</p> <p>Egg free pies</p> <p>Egg free omelette mix</p> <p>Egg free Quiche</p>
<p><b>Fruits</b></p> <p>Strawberries</p> <p>Citrus fruits</p>		<p>Difficulty breathing, high blood pressure.</p> <p>Stomach pain , nausea, vomiting, diarrhoea</p> <p>Rashes, itchy skin, swelling around the mouth</p>	Hospital treatment needed immediately	Apples, bananas, pears
<p><b>Nuts</b></p> <p>Peanuts, walnuts, almonds and coconut</p>	<p>Nuts grown underground</p> <p>Nuts grown on trees</p>	<p>Stomach cramps, diarrhoea, nausea, vomiting</p> <p>Water eyes, runny nose, sneezing, rash and tongue may swell.</p>	Hospital treatment needed immediately	<p>Chick peas, pumpkins or sunflower seeds</p> <p>Soy products</p>
<p><b>Wheat flour</b></p> <p>Bread, pastry chappatis, biscuits, cakes, cereals</p>	Allergic to gluten found in the flour which prevents the normal absorption of food ( coeliac disease)	Diarrhoea, abdominal pain, bloating	Hospital treatment needed immediately	<p>Gluten free products</p> <p>Oat cakes, rice cakes, corn cakes</p>
<p><b>Honey</b></p>		<p>Coughing or wheezing.</p> <p>Itchy, watery eyes or a runny nose</p> <p>Eczema , vomiting or diarrhoea may sometimes occur Swelling of the face, lips, or throat may indicate a severe type of allergic reaction known as anaphylaxis</p>	Medical emergency.	<p>Golden seal</p> <p>Sweet syrups</p>

## Healthy Meals

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk cereal with slice of banana or scrambled eggs on toast	Cornflakes with milk & a slice of buttered toast	Porridge fruits and honey	Milk & a slice of toast with butter or jam	Milk & pancake with honey
<b>Morning snack</b>	Diluted apple or orange juice and bread sticks	Yogurt and water	Milk and breadsticks	Peeled and sliced apples, bananas & oranges	Bananas Crackers with butter
<b>Lunch</b>	Shepherd pie with salad or  Vegetable & potato pie and salad  Fresh fruits and water	Macaroni cheese, beans or carrots.  Chicken pasta beans and carrots.  Fruit salad and water	Fish fingers, baked beans and potato wedges  Vegetable fingers, baked beans and potato wedges  Yogurt and water	Freshly made chicken soup , tomato or vegetable soup  Freshly made cheese or tuna sandwiches  Banana and water	Vegetable pizza with mixed salad  Cake and custard  Water
<b>Afternoon snack</b>	Yogurt drink, sliced banana and biscuit	Packet of raisins and sliced pear water	Cucumber & carrot sticks, biscuit water	Milk and bread stick	Satsuma and biscuit
<b>Supper</b>	Spaghetti bolognaise with (lamb or soya)  Fruit salad	Home-made beef burger and green salad  Vegetable burger and green salad  Diluted fruit juice or water	Mexican wrap with chicken and vegetable filling  or Mexican with soya and vegetable filling  Slice of apples	Rice and minced lamb curry with sweet corn  Rice and lentil curry with sweet corn  Ice cream	Chicken stir fried and vegetables  Soya based stir fry or Vegetable stir fry  Fruit salad

