

1	Sleep facts	<ul style="list-style-type: none"> • A good night's sleep has a positive impact on the brain and body, improving performance and productivity. • It is recommended to not use any screen technology at least one hour before bedtime. • 11-16 year-olds are recommended to get 8 to 10 hours sleep a night. • When it's dark our bodies produce a hormone called melatonin which tells our bodies that it's time to sleep. • Physical activity during the day improves your sleep. • Sleep affects your physical appearance as well as your mood, mental health and your memory. 	4	A balanced diet is a diet in which all the components needed to maintain health are present in appropriate portions. <table border="1" data-bbox="1346 129 1962 580"> <thead> <tr> <th>Nutrient</th> <th>Use in the body</th> <th>Good sources</th> </tr> </thead> <tbody> <tr> <td>Carbohydrate</td> <td>To provide energy</td> <td>Cereals, bread, pasta, rice and potatoes</td> </tr> <tr> <td>Protein</td> <td>For growth and repair</td> <td>Fish, meat, eggs, beans, pulses and dairy products</td> </tr> <tr> <td>Fat</td> <td>To provide energy. Also to store energy in the body and insulate it against the cold.</td> <td>Butter, oil and nuts</td> </tr> <tr> <td>Minerals</td> <td>Needed in small amounts to maintain health</td> <td>Salt, milk (for calcium) and liver (for iron)</td> </tr> <tr> <td>Vitamins</td> <td>Needed in small amounts to maintain health</td> <td>Dairy foods, fruit, vegetables</td> </tr> <tr> <td>Fibre</td> <td>To provide roughage to help to keep the food moving through the gut</td> <td>Vegetables, bran</td> </tr> <tr> <td>Water</td> <td>Needed for cells and body fluids</td> <td>Fruit juice, milk, water</td> </tr> </tbody> </table>	Nutrient	Use in the body	Good sources	Carbohydrate	To provide energy	Cereals, bread, pasta, rice and potatoes	Protein	For growth and repair	Fish, meat, eggs, beans, pulses and dairy products	Fat	To provide energy. Also to store energy in the body and insulate it against the cold.	Butter, oil and nuts	Minerals	Needed in small amounts to maintain health	Salt, milk (for calcium) and liver (for iron)	Vitamins	Needed in small amounts to maintain health	Dairy foods, fruit, vegetables	Fibre	To provide roughage to help to keep the food moving through the gut	Vegetables, bran	Water	Needed for cells and body fluids	Fruit juice, milk, water
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2	Brain function	<ul style="list-style-type: none"> • Memory: while we sleep, information moves from our short-term to long-term memory. • Concentration and mood: activity in the brain during sleep improves concentration and mood. • Productivity and performance: decision making and cognitive performance are improved by sleep. 	5	NHS <ul style="list-style-type: none"> - Prevent - Protect - Treat Prevent - Illness and disease Protect - Immunisation programmes Treat - Surgery, medicines & therapy																								
3	Body function	<ul style="list-style-type: none"> • Repair and growth: the body works to grow and repair muscles, organs and other cells. • Immune system: special proteins are released, which support the immune system • Regulates hormones: the hormone levels in the body are balanced out. 	6	GP Based in local communities they offer 'consultations' or 'appointments' for their patients. Patients must register with a GP and call or book an appointment if they feel poorly or if they are concerned about their health, including mental health in any way.																								
	Healthy habits	Drinking plenty of water (2 litres a day) Getting enough sleep. Leave your phone outside of your bedroom to avoid the notifications and distractions. Eat healthy and keep snacking, sugary drinks and take-aways to an occasional treat. Make time to relax doing something you enjoy, exercising or listening to music. If you are worrying – find someone you can trust to talk to.		Water- why do we need it? About 70% of human body mass is water. Chemical reactions in cells take place in water and the blood transports substances dissolved in water. Drinking water regularly replaces water lost in urine, sweat and breathing out. Water helps regulate the body temperature.																								

