



HUSSAIN MEMORIAL MATRICULATION HIGHER SECONDARY SCHOOL

KRISHNAPURAM, AMBATTUR, CHENNAI-600 053.

Circular No. 005/NUDI/2019-20

A HEALTH GUIDE TO PARENTS ON IDEAL, DIET, WEIGHT AND IMMUNISATION

Dear Parents,

Fit children grow into fit adults. Good health of children depends upon good nutrition and that should start right from an early age. They have special nutritional needs to ensure a normal growth and development. A balanced, tasty, appealing and a varied diet will provide a good foundation of all the nutrients, which are essential to keep your children healthy. Also good nutrition helps in building the body immune system which is so essential to prevent illnesses / diseases.

Importance of breakfast.

1. A nutritious breakfast is a key to your child's good performance in School.
2. Make sure your child does not skip breakfast.
3. One fruit with a cup of milk and any cereal product (eg. Rice, wheat, corn etc.) fulfills the necessity of breakfast.

Healthy Tips

- H** Have a nutritious breakfast.
- E** Eat salads and raitas in every meal to ensure fibre, vitamins and mineral intake.
- A** A glass of milk every day for healthy muscle and bones.
- L** Lunch and dinner should have a combination of cereals, pulses(especially sprouts) and fresh vegetables.
- T** Try to have variety in meals by incorporating natural colours, different shapes and appealing flavours.
Children like variety and easy to eat food.
- H** Have calm and healthy environment during meals.
- Y** Yummy baked and roasted food products are preferable than fried and salty snacks.
- T** Try to avoid processed and refined foods like chips and instant noodles.
- I** Include more fruits and fruit juices instead of soft drinks and chocolates.
- P** Physical and mental fitness can be achieved by regular exercises.
- S** Serve your child with healthy recipes.

An ideal diet

- Drink atleast 8 glasses of water or water based beverages.
- Daily diet must include:-
 - 2 to 3 servings of fruits.
 - 2 to 3 servings of calcium rich milk or dairy products.
 - 2 to 3 servings of high protein food like fish, egg, meat, poultry, dry beans, soya beans, and nuts.
 - 3 to 5 servings of vegetables, preferably leafy.
 - 3 to 6 servings of cereals (Rice, Wheat, Corn, Ragi etc.) and pulses (Daals, Chana, Rajma, Peas etc.)

Remember the famous medical saying ***“Eat Breakfast like a King, Lunch like a Prince and Dinner like a Pauper”***.

IMMUNIZATION CHART

AGE	VACCINE	INFECTION
Birth	BCG OPV Hepatitis B	Tuberculosis Polio Hepatitis B
6 weeks	OPV – II dose DPT Hepatitis B – II dose Hib Conjugate	Polio Diphtheria, Pertusis, Tetanus Toxid Hepatitis B Meningitis, Pneumonia
10 weeks	OPV – III dose DPT – II dose Hib Conjugate- II dose	Polio Diphtheria, Pertusis, Tetanus Toxid Meningitis, Pneumonia
14 weeks	OPV – IV dose DPT – III dose Hepatitis B – III dose Hib Conjugate-III dose	Polio Diphtheria, Pertusis, Tetanus Toxid Hepatitis B Meningitis, Pneumonia
9 months	Measles	Measles
12 months	Varicella	Chicken Pox
15 Months	OPV – V dose MMR	Polio Measles, Mumps, Rubella
18 Months	DPT – III dose Hib Conjugate-IV dose	Diphtheria, Pertusis, Tetanus Toxid Meningitis, Pneumonia
2 Years	Typhoid (booster every 3rd year) Hepatitis A – I dose (II dose 6 months later)	Typhoid Hepatitis A
3 Years	MMR – II dose	Measles, Mumps, Rubella
5 Years	OPV – VI dose DPT – IV dose	Polio Diphtheria, Pertusis, Tetanus Toxid

Please Note : In case your child has not taken these vaccines it is advisable to administer them on the expert advise of a Registered Medical Practioner.

HEIGHT / WEIGHT CHART FOR BOYS & GIRLS

IDEAL / PLUS/ MINUS WEIGHT FOR BOYS

IDEAL / PLUS/ MINUS WEIGHT FOR GIRLS

HEIGHT (cm)	WEIGHT (kg)		
	IDEAL	PLUS 10%	MINUS 10%
95 - 103	14.6	16.06	13.14
104 - 110	16.7	18.37	15.03
111 - 116	18.7	20.57	16.83
117 - 122	20.7	22.77	18.63
123 - 127	22.9	25.19	20.61
128 - 132	25.3	27.83	22.77
133 - 138	28.1	30.91	25.29
139 - 140	31.4	34.54	28.26
141 - 147	32.2	35.42	28.98
148 - 153	37	40.7	33.3
154 - 160	40.9	44.99	36.81
161 - 166	47	51.7	42.3
167 - 171	52.6	57.86	47.34
172 - 175	58	63.8	52.2
176 - 177	62.7	68.97	56.43
178 - 180	65	71.5	58.5

HEIGHT (cm)	WEIGHT (kg)		
	IDEAL	PLUS 10%	MINUS 10%
94 - 102	14.1	15.51	13.14
103 -108	16	17.6	14.4
109 - 115	17.7	19.47	15.93
116 - 121	19.5	21.45	17.55
122 - 126	21.8	23.98	19.62
127 - 132	24.8	27.28	22.32
133 - 138	28.5	31.35	25.65
139 - 142	32.5	35.75	29.25
143 - 148	33.7	37.07	30.33
149 - 150	38.7	42.57	34.83
151 - 155	44	48.4	39.6
156 - 160	48	52.8	43.2
161	51.5	56.65	46.35
162	53	58.3	47.7
163	54	59.4	48.6
164	54.4	59.84	48.96