



Leicestershire Partnership  
NHS Trust

## MEDIA RELEASE

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### Dietitians Week provides food for thought

To mark the start of Dietitians Week, Leicestershire Partnership NHS Trust (LPT) is delighted to launch the myth-busting 'Food for Thought' interactive healthy eating quiz on the Health for Kids website ([www.healthforkids.co.uk](http://www.healthforkids.co.uk)). Dietitians from LPT's nutrition and dietetic service will also be using social media throughout the week to showcase the range of work they do in different clinical settings and to encourage members of the public to ensure that they consult a dietitian for trusted advice on nutrition.



At a time when confusing health claims are made for a range of different foods and many children have misconceptions about where their food comes from, dietitians' role in providing tried and trusted information is more important than ever.

Dietitians Week (12 – 16 June) is an annual campaign organised by the [British Dietetic Association](http://www.bda.co.uk) to raise awareness of the work of dietitians. This year it takes the theme of 'Evidence and Expertise', highlighting the expertise of dietitians in providing advice

on nutrition that is based on sound analysis of scientific evidence. Dietitians are the only legally regulated nutrition professionals in the UK.

The '[Food for Thought](#)' quiz, now live on the Health for Kids website, uses a 'play your cards right' style format, putting children's understanding of the relative fat, sugar and salt content of a range of foods to the test in a fun and thought-provoking way. So, if you've ever wondered how the fat content of a samosa compares to a sausage roll, or whether a fizzy drink or a milkshake has more sugar, Food for Thought is the place to test your knowledge!

All the content on Health for Kids, a website specifically designed with and for primary school children to help them learn about staying healthy, has been written by experts from across LPT services, and 'Food for Thought' is no exception. It encourages children to make healthy choices, emphasising the importance of a balanced diet for energy and wellbeing.

Food for Thought promotional materials are being sent to primary schools across Leicester, Leicestershire and Rutland.

Find out more about LPT's nutrition and dietetic service by visiting the website [www.lnds.nhs.uk](http://www.lnds.nhs.uk) or by following @dietitians\_lpt on Twitter.

## ENDS

### NOTES TO EDITORS

- Leicestershire Partnership NHS Trust (LPT) provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk). Our registered charity is called Raising Health (charity number 1057361). The charity fundraises to support excellent care initiatives, equipment and innovations which go above and beyond core NHS provision to enhance the experience of our patients, service users and staff. See [www.raisinghealth.org.uk](http://www.raisinghealth.org.uk)
- The Health for Kids website ([www.healthforkids.co.uk](http://www.healthforkids.co.uk)) features a range of games, videos, and interactive content for primary school age children, written by health professionals including public health nurses, dietitians, paediatricians, and mental health specialists. A separate section aimed specifically at parents provides further advice. All of the content, including games and quizzes are designed to also be viewed and enjoyed via mobile devices using touch controls.
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