



Graduation project

# Nutrition Website for Autistic Children

(أبطال التوحد)

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# Introduction:-



## What is Autism:-

Autism is a condition associated with brain development and affects how the child distinguishes others and deals with them on a social level, which causes problems in interaction and communication, and the child is usually diagnosed at the age of two years and sometimes at an older age, so it is called (the autism spectrum) for its many types and levels its severity and symptoms. (1) Although autism affects the brain, 50% of autistic children do not suffer from intellectual disabilities. (2)





Autism is also known as a chronic disorder, that is, when it is discovered that it remains associated for the rest of his life, and unfortunately it has no treatment and cannot be prevented, but its symptoms can be controlled in terms of reducing his hyperactivity and helping him to cope with those around him and improve his language learning through some medications after consulting The doctor and a specific diet helps the child by a nutritionist. (7)

But there are no scientific reasons yet to explain this disorder that affects children.

# Autism in Palestine

There are no accurate statistics on the number of people with autism in the Palestinian territories, but unofficial estimates indicated that their number reached 5,000 children, while the United Nations indicated in a report issued at the end of last year that about 1% of the world's population had autism, which is about 70 million people.

They are not classified under disabilities in the law, and therefore autistic people do not have the same rights in terms of health insurance and other rights that people with mobility, visual and hearing disabilities possess in the West Bank, and there are no government centers for rehabilitating patients with autism, and all centers are private and profitable, and their prices are fantastic. Casting heavy moral and economic burdens on the shoulders of the families of the injured.





# Objective :-

01

Increasing awareness of autism and the importance of the child's psychological state.

02

Providing a site that includes what the mother need to know about her autistic child and his nutrition.

03

Providing autism diet recipes with ingredients from the Arab cuisine to facilitate finding ingredients from the market

04

Focusing the light on autistic children and trying to differentiate their behaviors similar to those of other children.

# Method:-



**Collect information from book and another Scientific sites.**



**Rewriting the information to Arabic language and simplify it.**



**Collecting recipes suitable for children and converting their ingredients to suit autism.**



**Design the web site by blogger.**



# Content of Website:-

**Information about autism  
(what it is, symptoms, types)**



**Space for comments to any  
subject.**



**Gluten-free and casien-free  
diet , and example recipes  
for this diet.**



**Some of the motivational  
phrases.**



**Family counseling and Self-  
caring skill.**



**Nutrition and autism.**



# Recommendation:-

**01**

I recommend highlighting the psychological importance of children with autism.

**02**

The family should be directed where it is the largest and most important factor in helping the child and improving his situation.

**03**

I recommend providing gluten-free and casein-free food ingredients at reasonable prices to make it easier for parents of autistic children.

**04**

I hope that more attention will be given to autism centers, and educational and extension events and workshops will be held.





# Conclusion:-

Autism becomes a permanent characteristic of the child, which must be adapted and put on the right path so that the child can live his whole life more comfortably and a kind of help. The site provides the importance of food to alleviate the symptoms of autism, which in turn helps the child to adapt to the people around him.



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