

Food And Health





Food : Any nutrient substance that people or animals eat or drink or that plants absorb in order to maintain life and growth.

Food plays an important role in keeping us healthy.

What is good health?

1. Strong and disease free body
2. An alert mind.
3. It enables us to participate in studies, sports and other activities



Nutrients: The food we eat contains chemical substances that are necessary for our body for healthy growth and development.

They

Types of Nutrients:

There are 5 types of **nutrients**:

CARBOHYDRATES



FATS



PROTEINS



VITAMINS MINERALS



Carbohydrates

- Energy Giving Food.
- Sugar and starch are forms of carbohydrates
- People who do lot of physical work and Children who run and play.



WHOLE WHEAT
PASTA



DALIA



WHOLE WHEAT
BREAD



KIDNEY BEANS



QUIONA



BROWN RICE



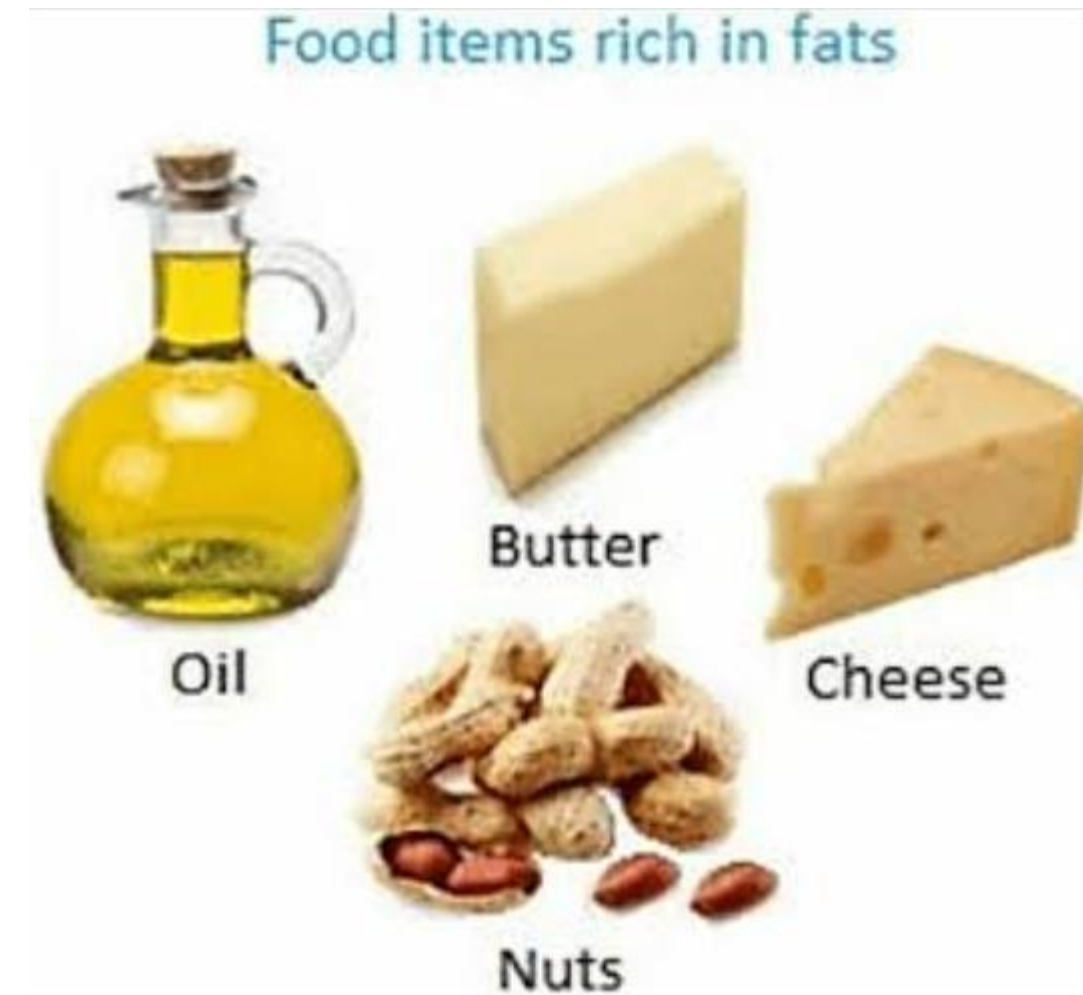
OATS



WHOLE WHEAT
CEREALS

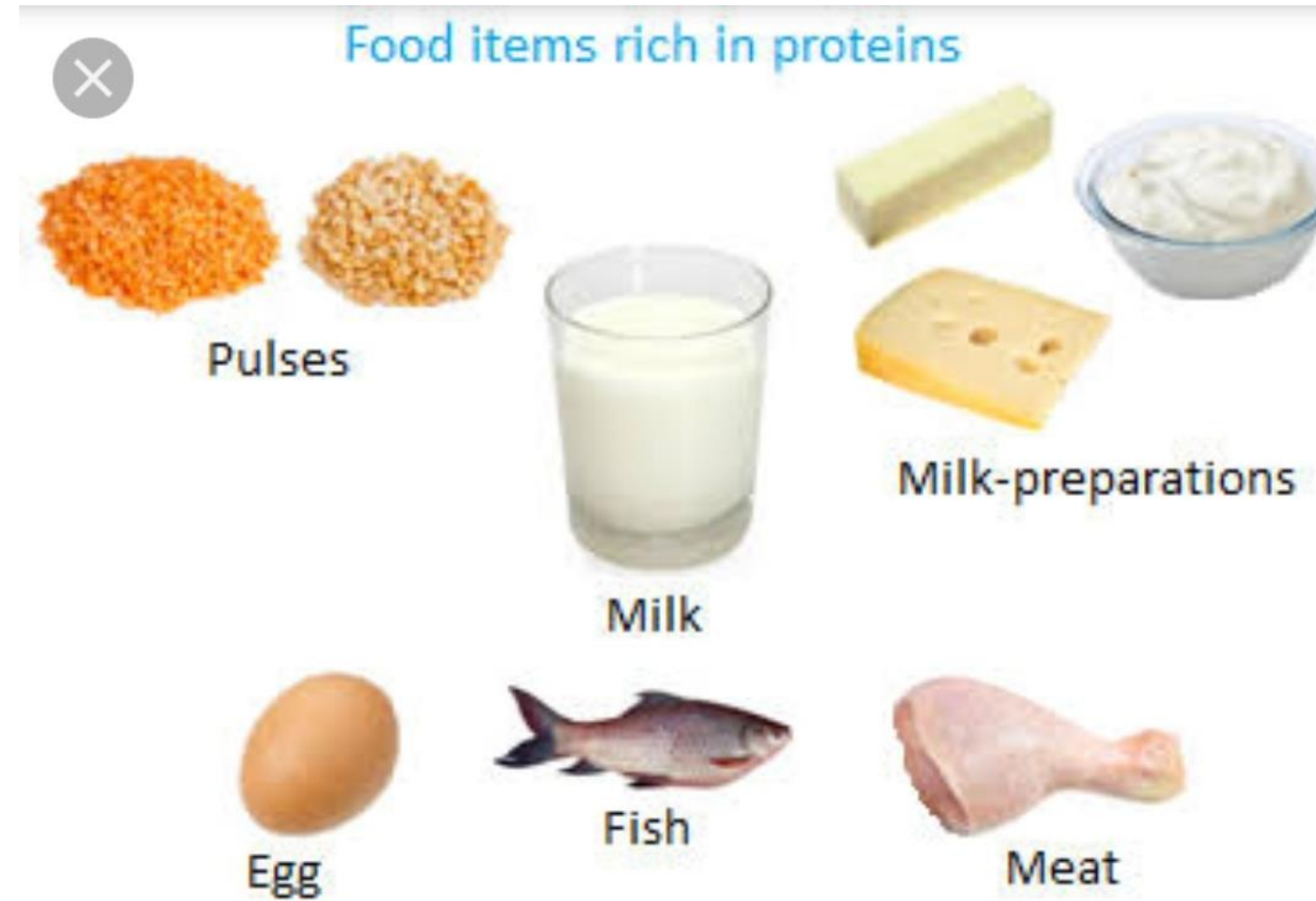
Fats

- Energy Bank
- Also called energy giving food.
- Fats are stored in body and used later.
- They keep our body warm.
- Eating too much of fatty food leads to obesity.



Protein

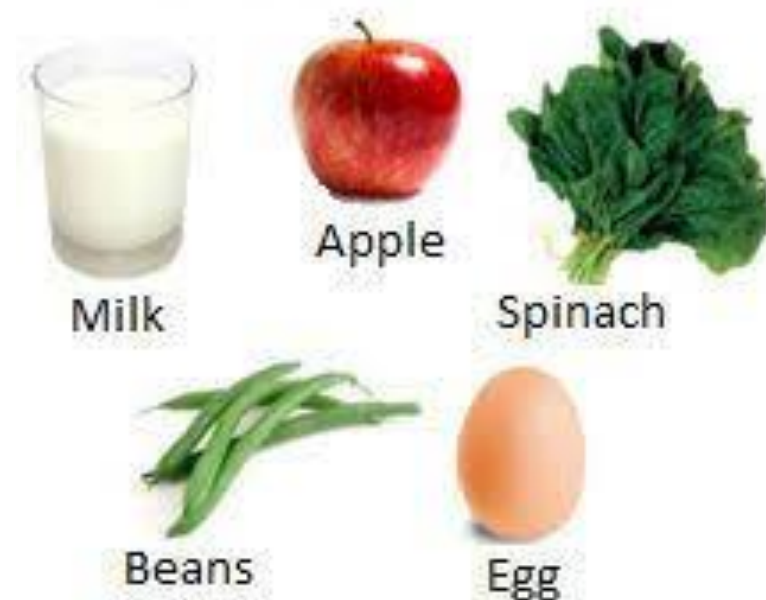
- **Body building food and help us to grow.**
- **Help us to repair the damaged parts of our body.**
- **Growing children need more protein.**



Vitamins and Minerals

- Protective food
- They protect our body from diseases and keep us healthy.
- Our body needs very little amount of each of them to stay healthy.
- Example: Calcium keeps our bones and teeth healthy.
- Iron helps the body to form blood.

Food items rich in minerals



TOP 10 INDIAN FOODS RICH IN VITAMIN - (

1 CITRUS FRUITS 	2 STRAWBERRIES
3 BELL PEPPERS 	4 PAPAYAS
5 LEAFY GREENS 	6 KIWIFRUIT
7 BROCCOLI 	8 GUAVA
9 AMLA 	10 TOMATOES

Water

- Water has no nutrients.
- It helps in n digesting the food properly.
- Removes waste from our body.
- Maintain our body temperature.
- Drink 8 to 10 glasses of water every day.

Roughage

- Rough fibres of the food.
- It cannot be digested and does not contain nutrient.
- It gives bulk to food and helps to get rid of waste.
- Present in skin of fruits, vegetables and branches of whole grains.



Diet

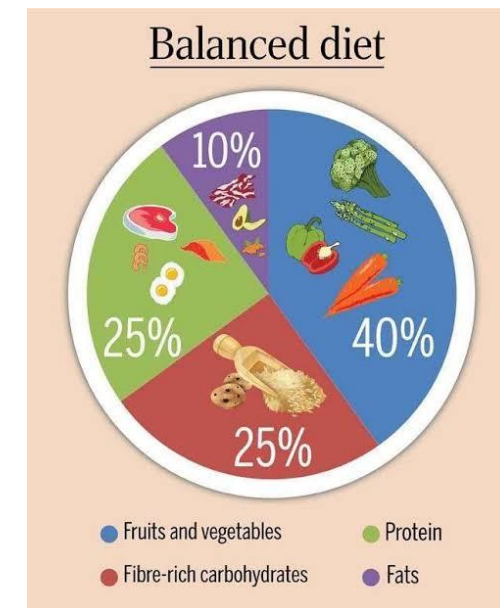
- The food that we eat

Balanced diet

- All the nutrients in right amount.
- A balanced diet is different for different people.

Wrong Eating Habits Can Cause Bad Health

- Due to poverty many people cannot get a balanced diet.
- Some eat with wrong food choice.
- So they cause bad health.





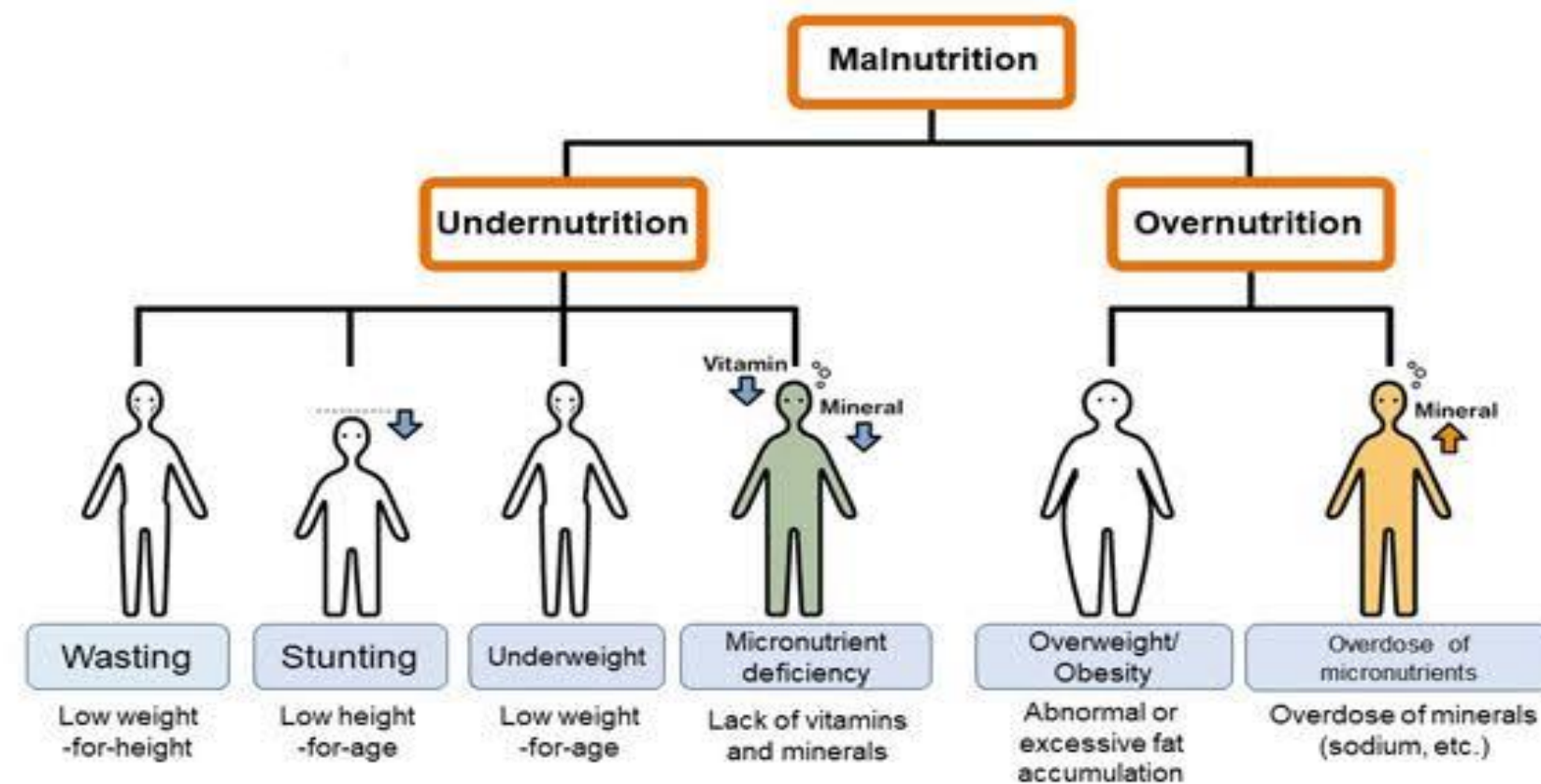
Question Time.

1. What is a nutrient?
2. Name the different types of nutrients?
3. Name few sources of carbohydrates?
4. Write the uses of protein?



Malnutrition: Malnutrition is the condition in which the body does not get the right amount of nutrients.

Two forms: Undernutrition and overnutrition



Junk food and Obesity:

- Food that we enjoy while eating but bad for health.
- They are rich in **sugar** and **fats** but have very little protein, vitamins and minerals.
- Eating lot of **fatty** and **sugary rich** food which causes deposition of extra fat in our body which leads to overweight called **Obesity**



How to avoid obesity:



PREVENT OBESITY

THE BEST WAY TO REDUCE OBESITY IS TO PREVENT IT. THESE ARE THINGS YOU CAN DO TO PREVENT OBESITY.

- 

EXERCISE REGULARLY
- 

AVOID HIGH SUGAR AND HIGH FAT DIET
- 

TAKES SMALL AMOUNT OF FOOD AT EVERY MEAL
- 

DRINK ENOUGH WATER
- 

EAT WHEN YOU'RE HUNGRY AND STOP BEFORE YOU'RE FULL
- 

AVOID TAKING HEAVY MEAL BEFORE SLEEP OR LATE NIGHT
- 

LIMIT AMOUNT OF TELEVISION VIEWING AND SUBSTITUTE WITH EXERCISE SESSION.
- 

MONITOR YOUR WEIGHT ONCE A WEEK.

SOURCE : KEMENTERIAN KESIHATAN MALAYSIA (KKM)



Exercise and rest for good health:

- Besides eating **balanced diet** we need to do **exercise** to maintain good posture and get enough rest to stay healthy.

Regular exercise:

- **Regular exercises** will make our muscles **strong**, flexible.
- We can do regular exercises **cycling**, running, etc and even playing outdoor games.
- When we do exercise **blood** is **pumped** throughout the body, where all the body parts receive **oxygen** which help them to **repair** the body parts.
- **Nervous** system becomes **stronger** as it received more **oxygen**.

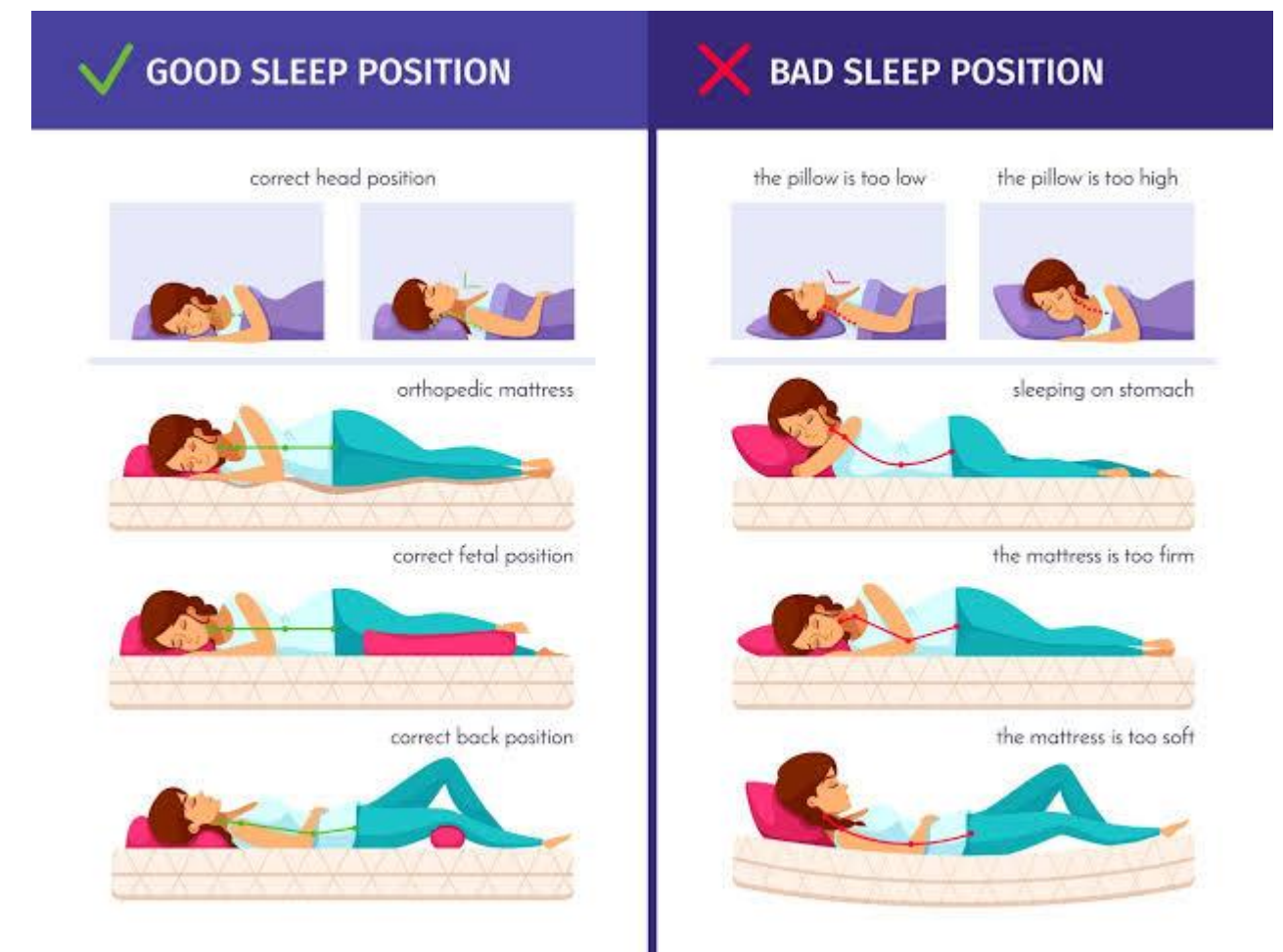
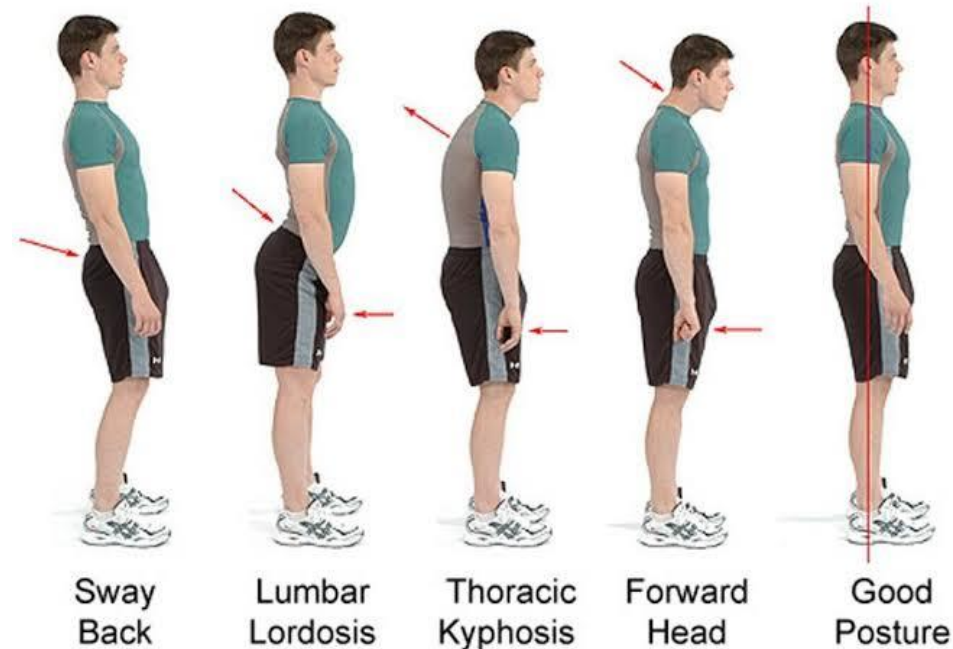
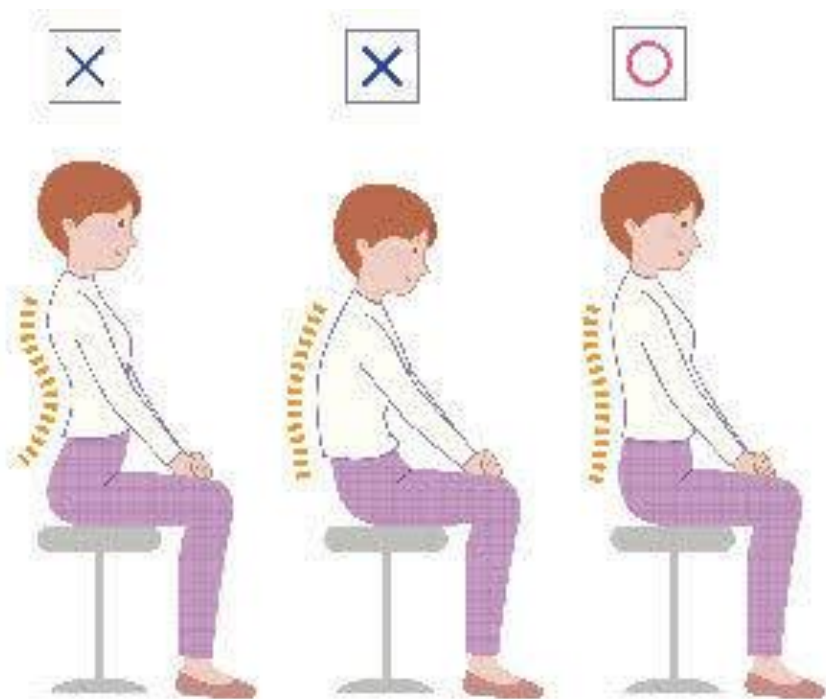


Posture:

- The body **position** that we maintain while **sitting, walking, standing**, etc.
- The correct **posture decrease** stressing the **Backbone** and other bones which further helps the muscles to work properly.
- So that it **prevents** the **backache** and **muscle pain**.

Enough Rest:

- **Sleep** gives body a complete **rest** where our muscles relax, breathing and heartbeat slows down.
- This makes our body to **repair** its damaged parts.
- So we feel **fresh** and **energetic** after a complete rest.
- A health person needs at least **8 hours** of sleep everyday.



- **Question time.**

1. What is a deficiency diseases?
2. What is malnutrition? What are their types?
3. Name the deficiency diseases, symptoms and sources of Vitamin A, Vitamin B, Vitamin C, Vitamin D.
4. Write the source, symptoms and deficiency diseases of few important minerals?
5. Name the diseases caused due to the deficiency of Protein?
6. What is posture? Write the benefits of good posture?

