



# ***FOOD AND HEALTH***



There is a saying, "Health is wealth". Loss of health is loss of happiness. So, it is very important that we look after our health. We should remember the following points to remain healthy.

- Eat a healthy and balanced diet.
- Exercise.
- Rest.
- Stay clean and keep your surroundings clean.
- Protect yourself from diseases and accidents.

# What is a Nutrient...?

- Nutrients are the essentials for the normal functioning of the human body



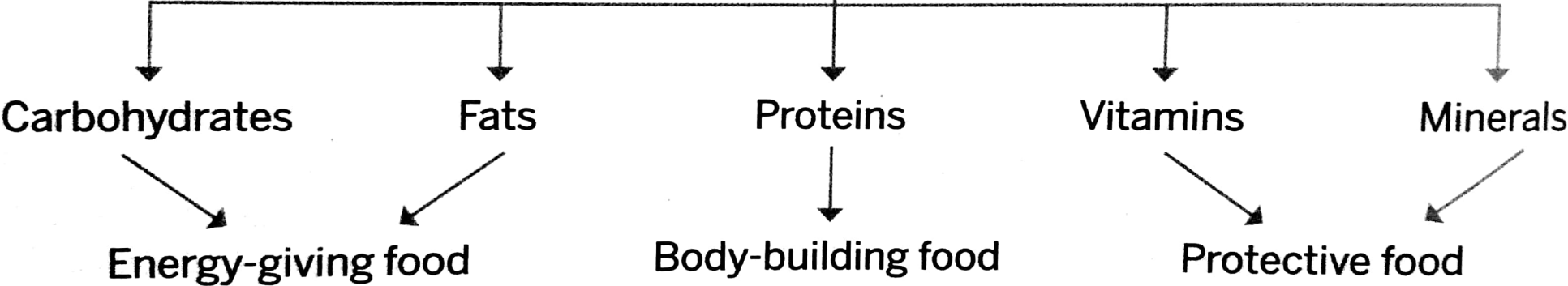
human body

## Includes:

- Carbohydrates
  - Proteins
- Fats and Lipids
  - Vitamins
  - Minerals
  - Water



**Nutrients**







The five main nutrients are carbohydrates, fats, proteins, vitamins and minerals.

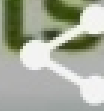
Carbohydrates and fats give us energy. Hence, they are called **energy-giving food**. Proteins help in growth and development of the body. Hence, they are called **body-building food**. Vitamins and minerals protect us against diseases. Hence, they are called **protective food**.

We must also drink plenty of water and include roughage like green leafy vegetables and fruits in our diet.

## Nutrients

Name of the Nutrient	Sources	Function	
<b>Carbohydrates</b> (energy giving food)	Rice, potato, wheat, sugar	Provides energy	
<b>Fats</b> (energy giving food)	Butter, ghee, milk, cheese	Gives more energy compared to carbohydrates	
<b>Vitamins and Minerals</b> (protective food)	Fruits and vegetables	Required for normal growth and development	
<b>Proteins</b> (body building food)	Milk, eggs, meat, fish, soybean	Helps in building and repair of body	

# Classification of Nutrients

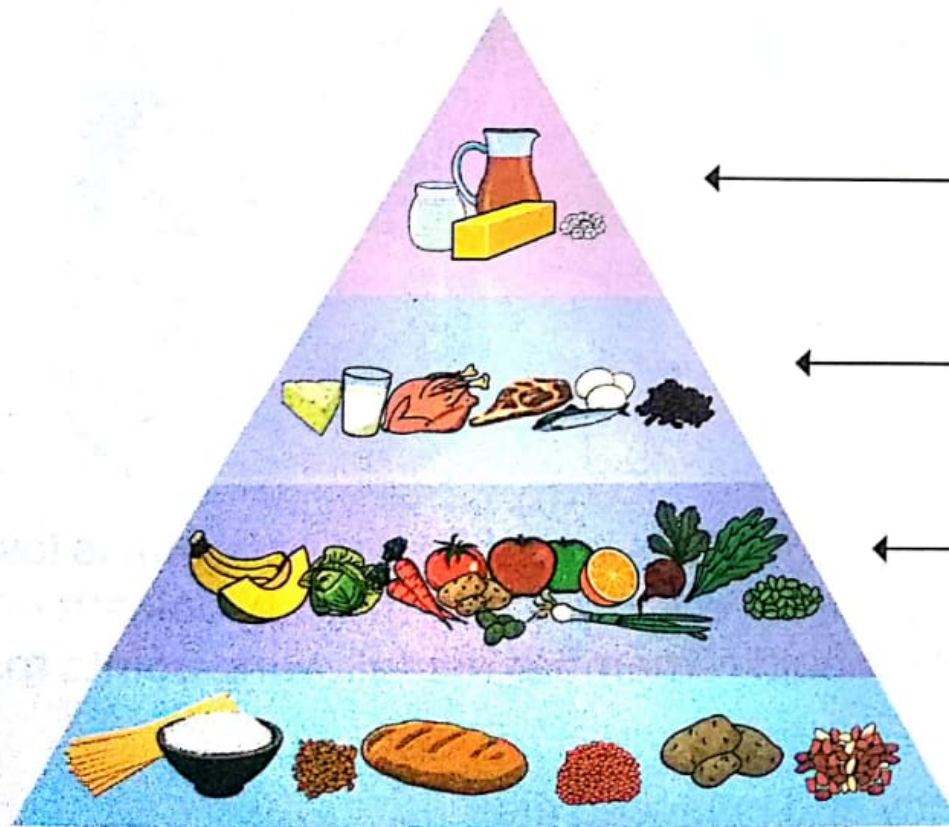


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- **Macronutrients (Macro = BIG)**  
Protein, Carbohydrate, Fat, and  
Water
- **Micronutrients (Micro = small)**  
Vitamins and Minerals

## Balanced Diet

To stay healthy, we must eat a balanced diet. A **balanced diet** has all the essential nutrients like carbohydrates, fats, proteins, vitamins, minerals, roughage and water in correct proportions. The amount of nutrients needed by a person depends on his or her age, health and the job he or she does. For example, a labourer or a sports person will need more energy-giving food like carbohydrates and fat.



**Fats and oils** (have a very small amount of these food in the diet)

**Proteins** (must have any one of these portions in the diet, as they are mainly important in the growing age)

**Vitamins and minerals** (have five portions every day from this group)

**Carbohydrates** (major quantity of food that we eat is from this group)

▲ A balanced diet





Vegetables



Sugars



# Carbohydrate Rich Food



PULSES



Maize



Soybeans



leeks



Burdock



NUTS



Oil Seeds



Jerusalem



Onions



Asparagus



Cereals



Potatoes



Chicory



Artichoke

POST

# Back HEALTHY FOOD

## VITAMIN CHART

<p><b>VITAMIN A</b> (FAT SOLUBLE) FOR Normal Growth and Development, Normal Night Vision &amp; Healthy Epithelium, Anti-infective.</p> <p>Deficiency leads to : Retarded Growth, Night Blindness, Diseased Epithelium, Dry Itchy Skin, Colds, Bronchitis, Diarrhoea, Xerophthalmia.</p>	 <p>Egg      Butter      Papaya      Carrot      Milk      Liver      Cabbage</p>
<p><b>VITAMIN B<sub>1</sub></b> (VITAMIN F) (WATER SOLUBLE) FOR Growth, Appetite, Normal Intestinal Function, Nerve and Muscle Function.</p> <p>Deficiency leads to : Beriberi, Loss in Weight, Loss of Appetite, Enervation, Defective Carbohydrate Metabolism.</p>	 <p>Peas      Meat      Potato      Soya-beans      Milk      Wholegrain Cereals</p>
<p><b>VITAMIN B<sub>2</sub></b> (VITAMIN G) (WATER SOLUBLE) FOR Growth, Healthy Skin, Mouth &amp; Eyes.</p> <p>Deficiency leads to : Retarded Growth, Dim Vision, Photophobia, Keratitis, Blistered Tongue, Premature Senility.</p>	 <p>Green Vegetables      Custard-Apple      Meat      Cheese      Soya-beans      Milk</p>
<p><b>VITAMIN B</b> (P.P. FACTOR) (WATER SOLUBLE) FOR Proper Carbohydrate Metabolism, Nervous System.</p> <p>Deficiency leads to : Pellagra, Glossitis, Dermatitis, Psychosis, Diarrhoea.</p>	 <p>Tomato      Potato      Peanut      Banana      Vegetables</p>
<p><b>VITAMIN B<sub>6</sub></b> (WATER SOLUBLE) FOR Proper Metabolism of Amino Acids, Disease-Resistance, Anti-Emetic.</p> <p>Deficiency leads to : Anaemia, Atrophic Lymph Tissues, Poor Resistance against Diseases.</p>	 <p>Dry Fruits &amp; Nuts      Peas      Pulses      Fish      Meat      Milk</p>
<p><b>VITAMIN B<sub>12</sub></b> (WATER SOLUBLE) FOR Red Blood Cells, Nitrogen Metabolism, Healthy, Nervous Tissues.</p> <p>Deficiency leads to : Pericious Anaemia.</p>	 <p>Egg      Meat      Liver      Cheese      Milk</p>
<p><b>VITAMIN C</b> (WATER SOLUBLE) FOR Healthy Growth, Good Gum &amp; Teeth, Sound Blood Vessels, Rapid Healing, Resistance against Flu &amp; Colds.</p> <p>Deficiency leads to : Scurvy Swollen Gums, Bursting of Blood Capillaries.</p>	 <p>Guava      Tomato      Orange      Lemon      Grapes      Emblic</p>
<p><b>VITAMIN D</b> (FAT SOLUBLE) FOR Proper Utilisation of Calcium &amp; Phosphorus Formation of Bones and Teeth.</p> <p>Deficiency leads to : Rickets, Poor Growth, Weak Teeth &amp; Bones Tooth Decay.</p>	 <p>Egg      Cod-Liver Oil      Milk      Fish      Sunlight</p>
<p><b>VITAMIN E</b> (FAT SOLUBLE) FOR Normal Reproduction.</p> <p>Deficiency leads to : Sterility, Muscular Paralysis.</p>	 <p>Banana      Green Vegetables      Soya-beans      Egg      Almond      Wheat Germ Oil</p>
<p><b>VITAMIN K</b> (FAT SOLUBLE) FOR Normal Blood Coagulation, and Liver Functioning.</p> <p>Deficiency Leads to : Haemorrhage.</p>	 <p>Tomato      Soya-beans      Spinach      Meat      Turnip      Lettuce</p>

Animal Protein:



Milk



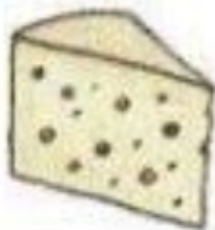
Meat



Fish



Eggs



Cheese

Vegetable Protein:



Rice



Pulses



Bread



Nuts



# BEST COOKING FATS & OILS



HIGH  
HEAT  
COOKING

ghee (clarified butter)



lard, tallow & suet



coconut oil (virgin)



red palm oil (sustainable)



duck, goose & chicken fat



cacao butter



LIGHT  
COOKING

macadamia nut oil



olive oil (extra virgin)



avocado oil  
(extra virgin)



butter



@ketodiet\_app

## Junk food



**Junk food** is unhealthful **food** that is high in calories from sugar or fat, with little dietary fiber, protein, vitamins, minerals, or other important forms of nutritional value. Precise definitions vary by purpose and over time. Some high-protein **foods**, like meat prepared with saturated fat, may be considered **junk food**.

## VARIOUS JUNK FOOD ITEMS

PIZZA	BURGER	CANDY	DONUTS
PASTRIES	CAKES	ICE CREAM	CARBONATED BEVERAGES
COOKIES	INSTANT NOODLES	FRENCH FRIES	POTATO CHIPS
SAMOSA	KACHORI	PAKORA	PANI PURI

## EFFECTS OF JUNK FOOD

OBESITY	HEART DISEASES	LOSS OF CONCENTRATION & MEMORY	BONE DAMAGE



*Healthy Food*



**JUNK FOOD**



## **Tips for Healthy Eating**

- Start the day with a healthy breakfast.
- Eat a lot of vegetables and fresh fruits.
- Drink plenty of water.
- Avoid eating junk food.
- Chew your food well.
- Eat your meals at a regular time every day.
- Do not overeat.
- Wash your hands before taking your meals.
- Close your mouth while chewing your food.

## **Ways to Make the Diet Healthier**

Some tips on how to make your diet healthier are given below:

1. Eat a variety of food.
2. You must include vegetables and fruits in your diet. Have salads for all your meals.
3. Do not eat too many sweets or sugary food.
4. Avoid eating processed food. Check the labels on the food and read to see if it is good for you.
5. Eat organic food as they are free from pesticides and other chemicals.
6. Drink a lot of milk and eat milk products like curd.



# Home Work

Name the essential nutrients that we obtain from food.

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Name any three things we must do to remain healthy.

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What is a balanced diet?

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How is a macronutrient different from a micronutrient?

Give any two tips for healthy eating.

What is junk food?