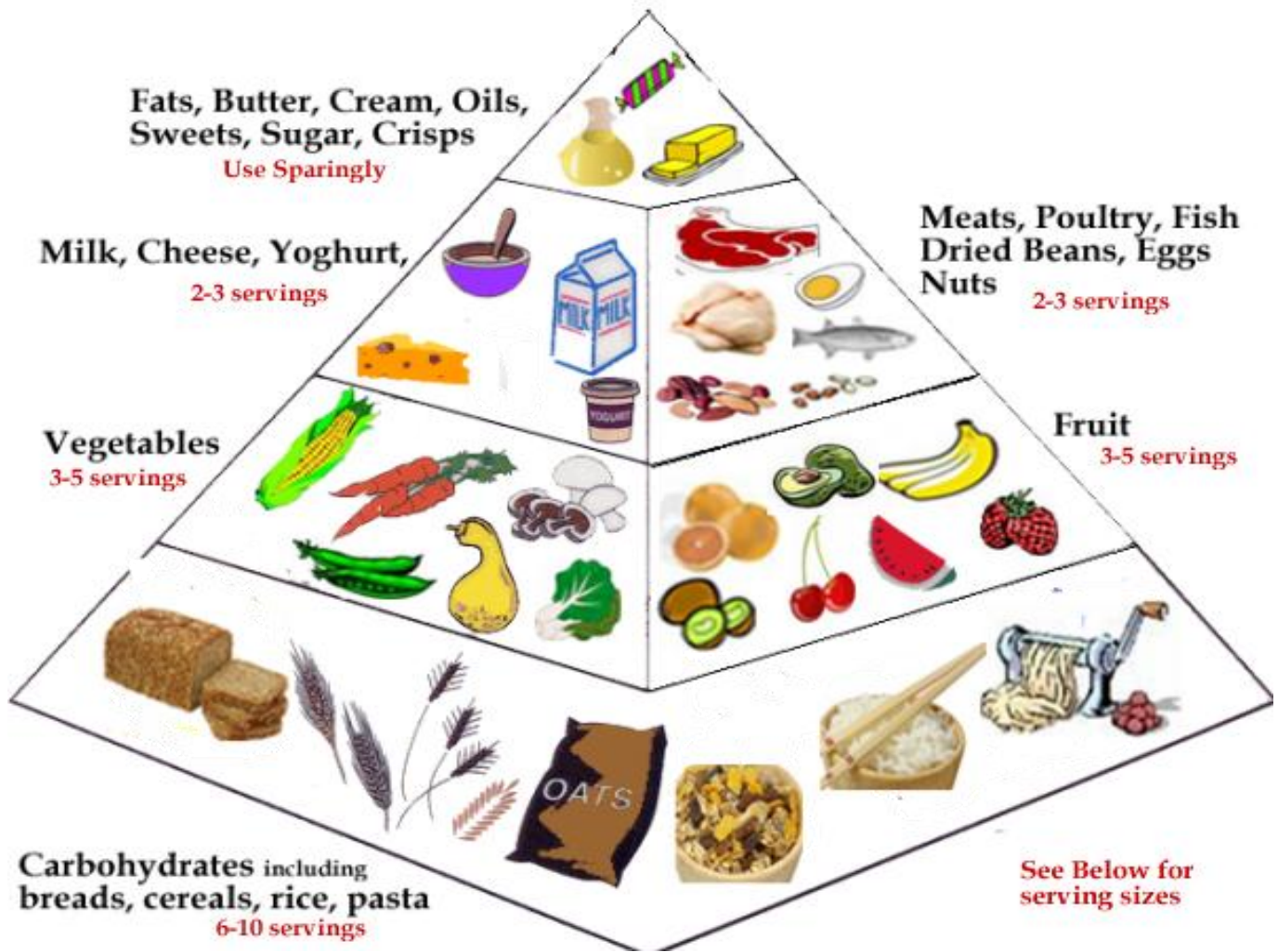


Chapter -6

FOOD FOR GOOD HEALTH

Day-1	Lecture -1	Date:05/05/2020
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1. Balanced diet/ Healthy Diet:

A healthy diet or balance diet is a diet that contains the right amounts of all food groups. It includes fruits, vegetables, grains, dairy products and protein. It does not include too much or too little of any kind of food.

There are six food elements in a balanced diet. These are-

- i. Carbohydrate- Ruti, potato, bread etc.
- ii. Protein- Beef, chicken, fish, egg, pulses etc.
- iii. Oil and fat- Ghee, butter, or soybean oil.
- iv. Vegetables (vitamin, mineral)- Cooked or fresh vegetables etc.
- v. Fruits (vitamin, mineral)- Any fruits (mango, apple, orange) fruit juice, dry fruit etc.
- vi. Milk Group (Calcium, vitamin)- milk, yogurt, cheese etc.

Nutrients:

Nutrients are essential for growth, reproduction and good health. There are two types of nutrients:

- a. Macro nutrients
- b. Micro nutrients

1. Balance diet:

Importance of balance diet:

There are six food elements in a balance diet. Balance diet is very important because of:

- a. Body need proper nutrition to remain healthy.
- b. Without proper nutrition, our body becomes more prone to disease, infection, fatigue and poor performance.
- c. Children suffering from malnutrition run the risk of growth and developmental problems.
- d. Eating excessive food may cause over weight issues.
- e. Balance diet leads to a good physical and a good mental health.
- f. It helps in proper growth of the body.
- g. Balance diet increase the ability to fight or resist disease.
- h. Also it increases the capacity to work.

Related Questions with this topic:

a) Write the definition of balance diet.

Answer:

Balanced diet/ Healthy Diet:

A healthy diet or balance diet is a diet that contains the right amounts of all food groups. It includes fruits, vegetables, grains, dairy products and protein. It does not include too much or too little of any kind of food.

b) How many food ingredients are includes in a balanced diet? What are they?

Answer:

There are six food elements in a balanced diet. These are:

- i. Carbohydrate- Ruti.
- ii. Protein- chicken,
- iii. Oil and fat- Ghee,
- iv. Vegetables (vitamin, mineral)- Cooked or fresh vegetables etc.
- v. Fruits (vitamin, mineral)- Any fruits (mango, apple, orange)
- vi. Milk Group (Calcium, vitamin)- milk,.

c) What is called nutrients? Write the types of nutrients.

Answer:

Nutrients are essential for growth, reproduction and good health. There are two types of nutrients:

- i. Macro nutrients
- ii. Micro nutrients

d) Write down the importance of balance diet.

Answer:

Importance of balance diet:

There are six food elements in a balance diet. Balance diet is important because:

- a. Body need proper nutrition to remain healthy.
- b. Without proper nutrition, our body becomes more prone to disease, infection, fatigue and poor performance.
- c. Children suffering from malnutrition run the risk of growth and developmental problems.
- d. Consumption of excessive food may cause over weight issues.
- e. Balance diet leads to a good physical and a good mental health.
- f. It helps in proper growth of the body.

- g. Balance diet increase the ability to fight or resist disease.
- h. Also it increases the capacity to work.

e)What will happen in our body if we do not take a balanced diet?

Answer:

Harmful effects of not taking a balanced diet:

- a. Our body will suffer from malnutrition
- b. The body will be attacked by different types of diseases.
- c. Children will suffer from body and brain development problems.
- d. Our body will lose the ability to resist or fight with any kind of disease.
- e. It hampered our physical and mental growth.

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