

Chapter VIII

Lesson 1

Food, Nutrition & Health

What is food?



Image 1: Brick



Image 2: Wood



Image 3: Color Pencils

Brick, wood and pencils. Are these foods? Some students sometimes bite pencils or pens. But these cannot be considered as food.

The things those are **digestible** and do different **functions for body**, people take those as food. So, **the things that give nutrition for body known as food.**

Raw material of our body is food.

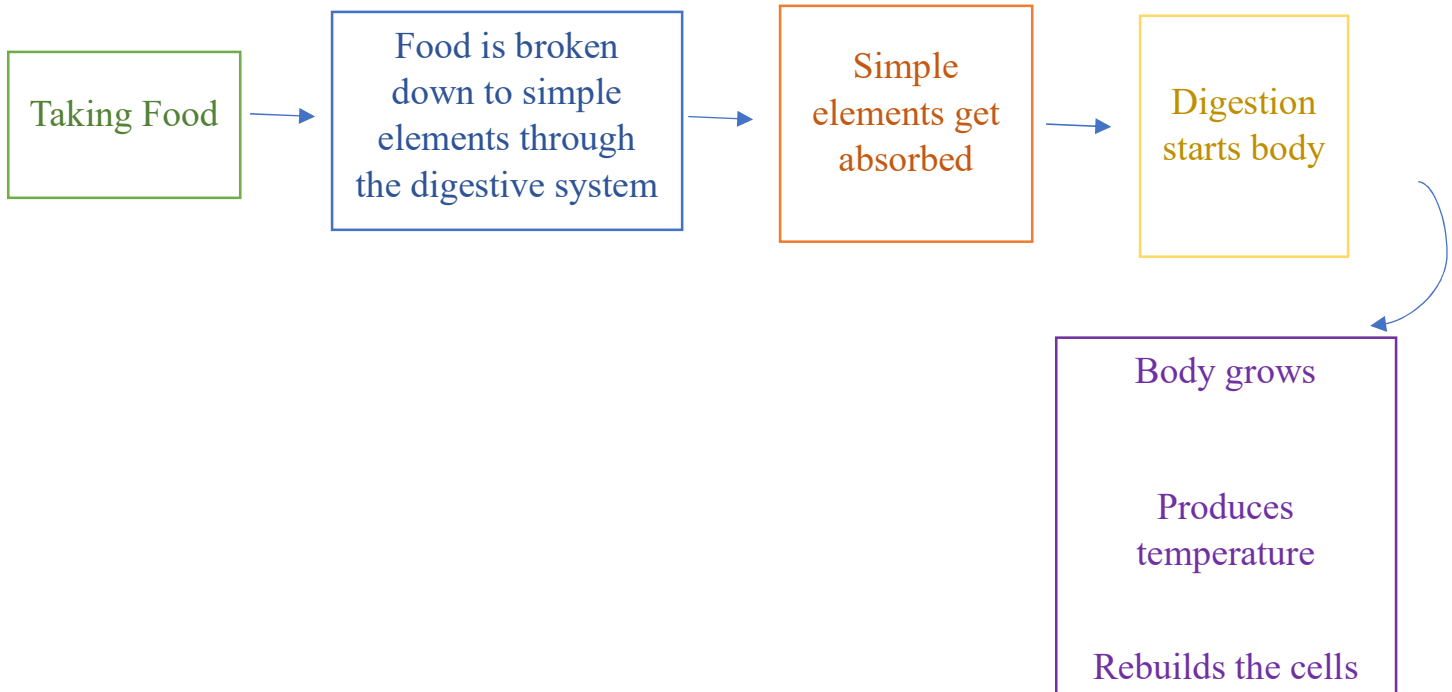
Why is food necessary?

- ✓ Meets hunger
- ✓ Fulfill the loss of energy and ensure growth
- ✓ Food keeps the body fit
- ✓ Produce temperature of the body

What is Nutrition?

Nutrition is a physical process.

This process is shown through the following diagram.



What is Health?



Can you say, who is healthy here? Actually, by visualizing the fat or slim it is very hard to know the physical condition. Sometimes the fat person can do a very little work. He becomes tired very easily and do not get interest in work.

According to World Health Organization (WHO), the definition is “Health is the **satisfactory physical, mental and social condition** which is free of **sickness or weakness.**”

Characteristics of a healthy person

- ✓ Body will be **fit and capable** to do work with **sufficient energy**
- ✓ Body weight will be **normal**
- ✓ There will be **no sickness** and have **interest in work**
- ✓ Will stay in **happy mood**
- ✓ Have **resistance power** and will not be **sick frequently**
- ✓ Have **smooth skin**. Hair will be **shiny and glossy**
- ✓ **Sleeps regularly** and passes urine and stool habitually
- ✓ Shows **normal physical and mental reactions**

Lesson 2

Relation of Food, Nutrition & Health

Human body needs more than 45 nutritious elements to stay healthy. Without nutritious food it's not possible to maintain good health. Balanced nutritious food ensures good health.

Physical Condition without Nutritious food	Physical Condition when Nutritious food is taken	Physical Condition when more Nutritious food is taken
Malnutrition such as underweight, less growth in height, loss of memory and various diseases due to malnutrition.	Exact weight, proper development of intelligence and maintains good health	Become fat and several diseases may occur
Table: Relation among health, food and nutrition		

To keep the body healthy, fit, well and for proper development of intelligence, it is necessary to take balanced nutritious food. The relation of health with food and nutrition is very close. Good physical condition shows good health. It increases the possibility of long life.

Tasks:

Write the answers of the following questions. (Open Book)

1. What is food? What role does food play in our life?
2. What is nutrition? What is the process of nutrition? Show in diagram.
3. What is the definition of health according to WHO?
4. Write the characteristics of a healthy person.