

## Chapter VIII

### Lesson 3

#### Relation between Food, Nutrition & Cleanliness

To maintain good health, it is necessary to ensure neat and clean environment with balanced nutritious food. There is a close relation between nutrition and cleanliness.

Cooking and eating in an unclean environment	→ Food is infected with germs	→ Taking infected food	→ Body becomes sick and nutrition is not ensured
Cooking and eating in a clean environment	→ Food is safe	→ Taking safe food	→ Body gets proper nutrition

Here neat and clean environment refers all the hygienic conditions such as place of the cutting and chopping, use of water to clean food and the place for cleaning, the utensils of the cook and server etc.

Unhygienic environment is the source of different germs of the diseases. Cutting or chopping food, cooking and having food in unhygienic condition carries several germs which infects the food as well. When this food is taken the body becomes sick.

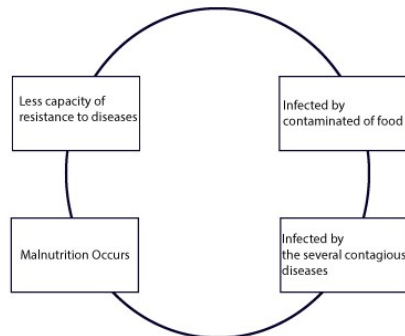


*Picture 1: Hygienic environment*



Picture 2: Unhygienic environment

### The Vicious Cycle



Through the vicious cycle, it is apparent that due to unhygienic environment even the nutritious food can't keep body healthy. To maintain good health, it is essential to ensure taking nutritious food in hygienic condition.

## Lesson 4

### Function of Food

The nutritious elements which persist in food do several functions for our body.

Such as:

1. **Building the body and ensure growth:** The main function of food is to build the body and ensure growth. The nutritious elements of food ensure the growth and the building of the building of the child's body.
2. **Repairing the loss:** Always our body is experiencing decay. To repair this loss body needs food. Old cells die and new cells are formed in the body continuously. Nutrition from food helps to rebuild the cells. If our hand cut, disease occurs or body gets hurt, then these are recovered through nutritious food. There are several elements in food which repair this loss.
3. **Producing temperature and providing energy:** Food is needed to run different activities like blood circulation, respiration, digestion of the food and to pass urine and stool etc. Even when we sleep, energy is needed. Temperature and energy are produced from food.
4. **Control of Internal functions:** Internally several functions are happening in our body. Such as, digestion of food, production of energy, movements of muscles, formation of cells etc. The role of food is very important for the internal function in our body.
5. **Develops resistance power:** Everyday our body is getting infected with many germs. To prevent these germs, we need to develop body's natural resistance power. When we eat different types of nutritious food, we can prevent the diseases and stay fit. Due to the lack of nutrition, our body losses the resistance power.



We need to eat enough quantity of essential food to keep the body healthy.

#### Tasks:

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

1. What is the relation between food and nutrition?
2. Write about the problems which you face due to taking food in unhygienic environment.
3. Draw the Vicious Cycle.