

Chapter VIII

Lesson 1

Food, Nutrition & Health



What is food?



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.

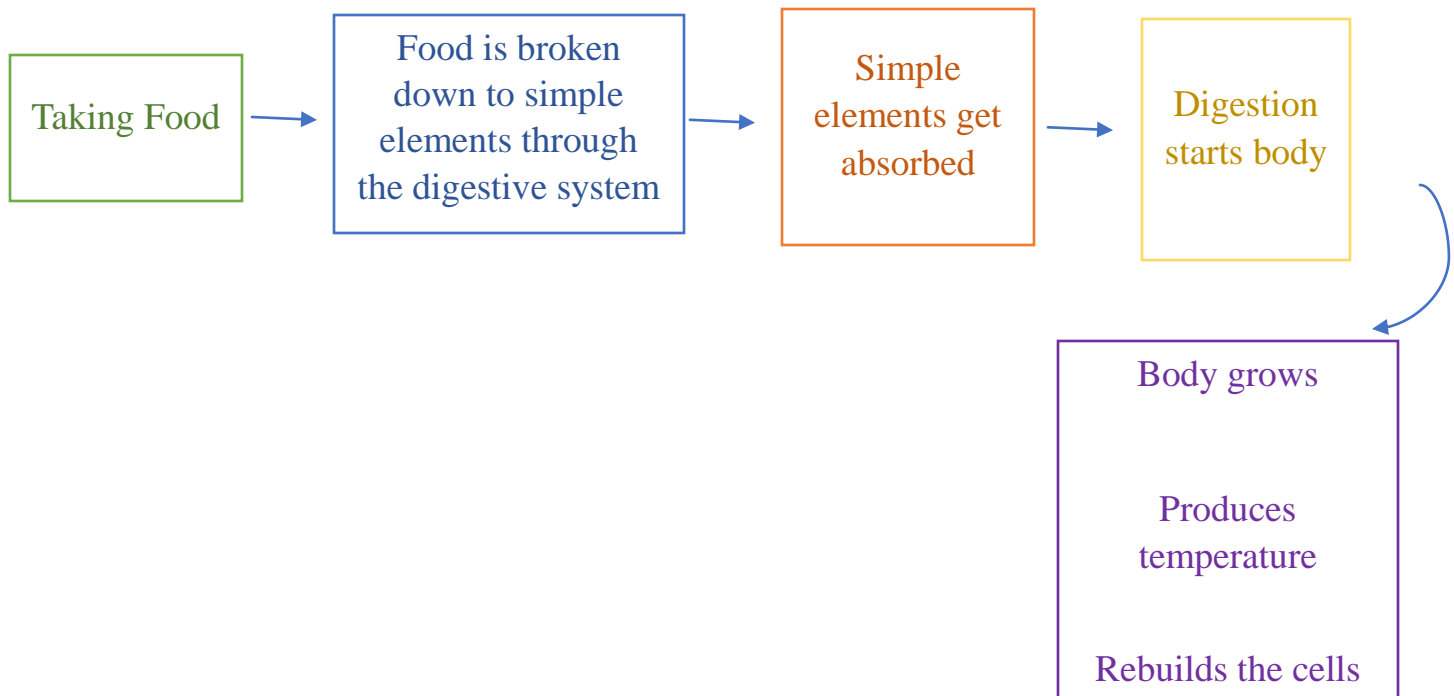
Why is food necessary?

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

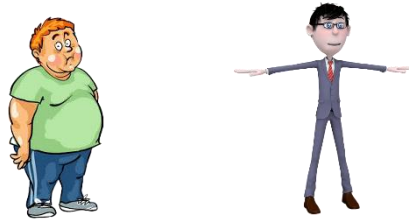
What is Nutrition?

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**

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.