



8

Our Health Depends on Food We Eat!

Food: Critical to good health

- We all need to eat enough and good food every day to stay healthy.
- Eating all types of food is necessary for keeping our body fighting fit.
- We need to eat more food when recovering from illness.
- A child needs more food for growth. So do adolescents.
- Heavy work requires more food.
- Men need little more food for energy in the body than women.
- A woman needs more food in pregnancy and breast feeding. She also needs supplement of iron and calcium.
- Certain foods need to be avoided in certain diseases.
- All grains and cereals are our staple food. They give us most of energy and proteins. But we need to eat enough of these. Similarly non veg. communities take meat and fish.
- Malnutrition contributes to more than half of childhood deaths.

In this lesson we will learn about

The importance of food elements and simple nutrition messages.