

8/2/23

FOOD PYRAMID

①

ROLL: 22241A0509

NAME: BALIVADA TARUN SANDILYA

BRANCH: CSE-A

→ A healthy eating pyramid helps to demonstrate how a balanced diet can be achieved. The following form the bricks of a healthy eating pyramid.

• Whole grains:

- Healthy carbohydrates take longer for the body to digest. This helps to prevent any sudden rise and fall of blood sugar levels and insulin in the body.
- Healthy carbohydrates help prevent Type 2 diseases and heart diseases.
- The benefits of healthy carbohydrates are the reason why they are placed at the base of the food pyramid.
- Some sources of healthy carbohydrates are oatmeal, brown rice and whole wheat bread.

• Healthy fats and oils:

- It is a myth that all fats should be avoided.
- Some fats are healthy and required for a balanced diet. They help control cholesterol and prevent heart diseases. This explains why fats appear so close to the base of the food pyramid.
- Healthy fats can be found in olives, nuts, seeds, sunflower, peanuts and fatty fish such as salmon.

• Fruits and vegetables:

- A diet rich in fruits and vegetables has innumerable benefits. It can decrease chances of having heart attack or stroke, possibly protect against some cancers, lower blood pressure, help avoiding painful intestinal ailment called diverticulitis and guard against cataract and macular degeneration.
- Potatoes don't belong to this category because their effect on blood sugar is similar to that of grains and sweets.

• Fish, poultry and eggs :

- Fish is an important source of protein and is rich in Omega-3 fatty acids, which are known to prevent heart disease.
- Chicken and turkey are low in saturated fats when compared to red meat.
- Eggs, too provide protein and are a good supplement to breakfasts.
- Those suffering from diabetes or heart ailments should avoid the yolk of the egg and consume only egg white.

• Dairy :

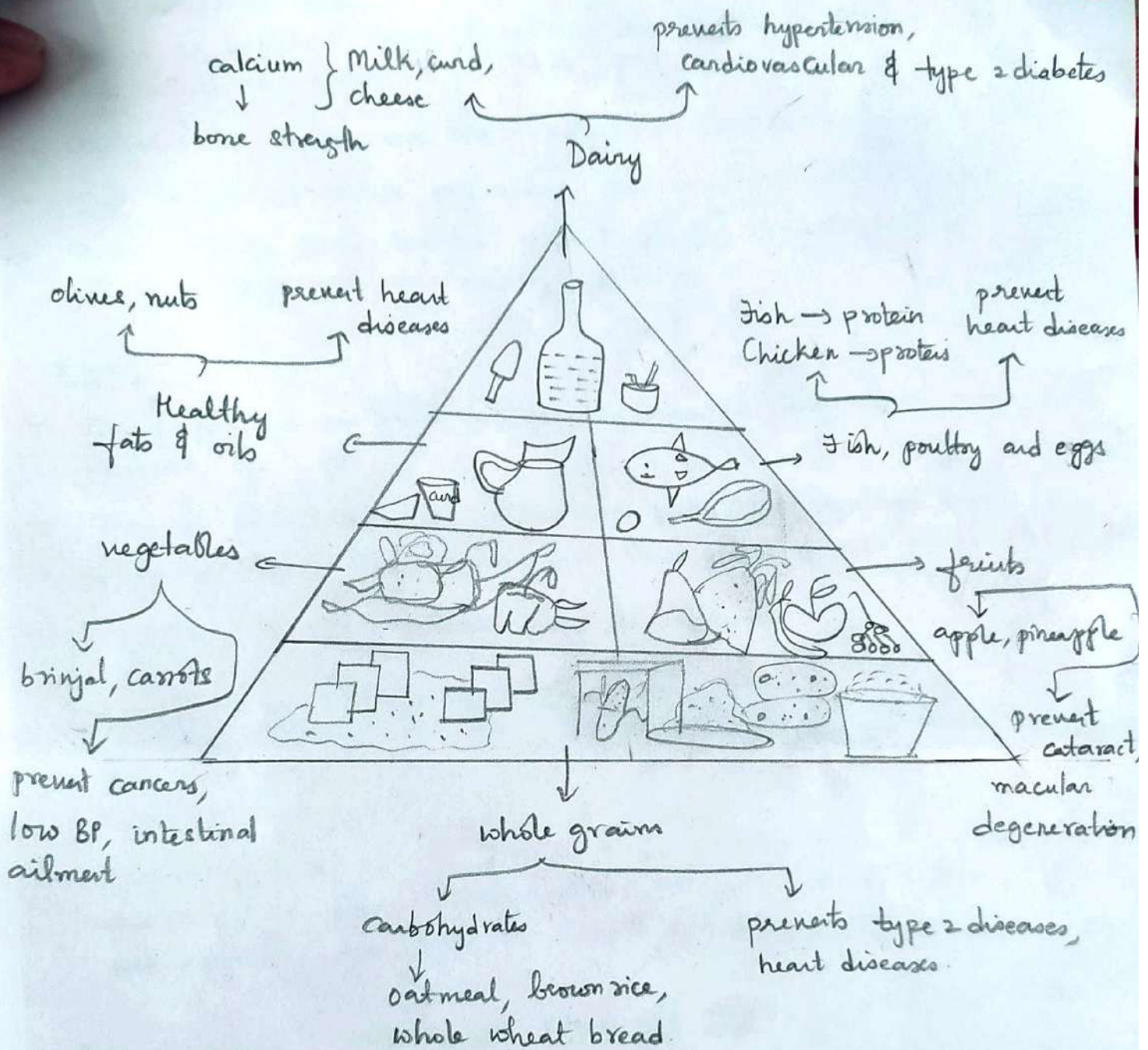
- Dairy products are good for growing bones as they contain calcium and vitamin D.
- They are placed near the narrow part of the food pyramid because body needs more Vitamin D than ever three glasses of milk can provide.
- Two servings of dairy a day should be sufficient.

• Red meats, processed meats and butter :

- Red meats and processed meats like bacon and sausages contain high levels of sodium.
- They increase the risk of diabetes, heart diseases and colon cancer. Switching to fish, chicken, nuts and beans is a much healthier choice. Also switching from butter to olive is a healthier option.

• Refined grains, sugary drinks, sweets and salts :

- Refined grains include white bread, rice and pasta. Potatoes too fall into this category of foods that should be eaten very sparingly.
- These items are high in sodium and increase the risk of heart diseases and result in weight gain. This is because refined grains and sugary drinks cause an accelerated increase in blood sugar levels.
- Foods that are rich in salt like potato chips, cheese and sauces contain high sodium levels that may lead to heart attack and stroke.



HEALTHY FOOD PYRAMID

5/2/22

ESSAY

①

NAME: BALIVADA TARUN SANDILYA

BRANCH: CSE-A

ROLL: 22241A0509

POLLUTION DUE TO URBANISATION

→ Urbanisation is a great concept which is essential to develop any country. It refers to the concept of urbanising remote areas by building infrastructure which then brings about development. Urbanisation is one of the main cause of pollution. Setting up of cities, buildings, the phase of industrialisation took place due to which pollution started increasing. Over the years, the rural population has increasingly migrated to the cities, as they too are attracted by comfortable lifestyles in the urban population.

Due to urbanisation, industries and factories are springing up in numerous places and the number of automobiles on roads are increasing. The air and gases emitted from the factories and vehicles contaminate the atmosphere, thus leading to pollution in many ways. Factories giving out toxic pollutants are making the environment also toxic. Lakes, rivers are getting affected by these chemicals, sewage & also household garbages. Noise pollution is also caused by these automobiles, factories. Consequences of noise pollution include headache, hearing losses, insomnia. When earth's natural thermal cycles are disrupted over a long period of time; forest fires are caused, polar ice caps melt and rise in the sea level is also observed.

Finally, all people around the world should have access to proper healthcare, education, sanitation and urbanisation is how we can achieve this goal. But in this process, we should not forget that pollution due to urbanisation taxes our environment even further and very dangerous for the planet.

01/2/23

ESSAY WRITING

①

NAME: BALIVADA TARUN SANDILYA

BRANCH: CSE-A

ROLL: 22241A0509

* Essay :

- An essay allows a writer to test or examine his/her ideas about a particular topic.
- The two important skills required for writing an essay are :
 - (i) clarity and accuracy in expression - the ability to make effective use of words and phrases to express ideas.
 - (ii) the ability to understand and organise ideas relevant to a topic in a coherent manner.
- An essay is classified into three parts :
 - (i) Introduction : It is a short paragraph that explains the purpose and the scope of the essay. It contains the thesis statement which reflects the position of the writer on the topic.
The introductory paragraph can be structured in following manner
 - (a) Background to the topic : The reader may require some background information to understand the writer's position.
 - (b) Thesis statement : The statement establishes the view of the writer. It also shows whether the writer is planning to argue or discuss the topic.
 - (ii) Body : The body can be divided into two or three paragraphs. The paragraphs should be well-structured with one main idea related to the topic and the supporting details which prove the main idea. The topic sentence provides the main idea of paragraph.
 - (iii) Conclusion : A concluding paragraph summarises the main idea of the essay. It must logically follow the paragraphs in the body of the essay which would have discussed the central idea. Avoid introducing new ideas in the conclusion.

* Types of Essays:

→ Essays can be of different types, depending on the purpose they achieve.
Given are quick features of the major essay types:

- ⇒ Descriptive
- ⇒ Narrative
- ⇒ Expository
- ⇒ Argumentative
- ⇒ Exploratory

• Descriptive:

- Can be a description of a place or a thing.
- Need not be limited to visual description.
- Should include the other senses of perception like hearing, smelling, etc.
- can be structure based on the different aspects of the description.

• Narrative:

- Recounts an event, an incident or an experience or retells a story.
- Often written from the writer's personal perspective.
- The thoughts, feelings and attitudes of writer towards the subject matter are conveyed to the reader.

• Expository:

- Conveys information to readers.
- Focuses on factual details.
- Requires some amount of research.
- The type of information will determine the structure.
- Should avoid overload of information, technical jargon & complex detailing.

- Exploratory:

- Takes a subject matter, often a problem statement and analyzes it in detail.
- Unravels the layers of complexity and goes to heart of the problem.
- Tries to find a solution to the problem or, at the very least, makes suggestions to help find one.

- Argumentative:

- seeks to convince the reader to accept the writer's point of view.
- Arguments need to be constructed carefully and supported by evidence.
- Often takes a stand but can also accommodate opposing points of view.