

OGUN DIGICLASS

SUBJECT: BASIC SCIENCE

TOPIC: HEALTHY EATING



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HEALTHY EATING





Learning Objective

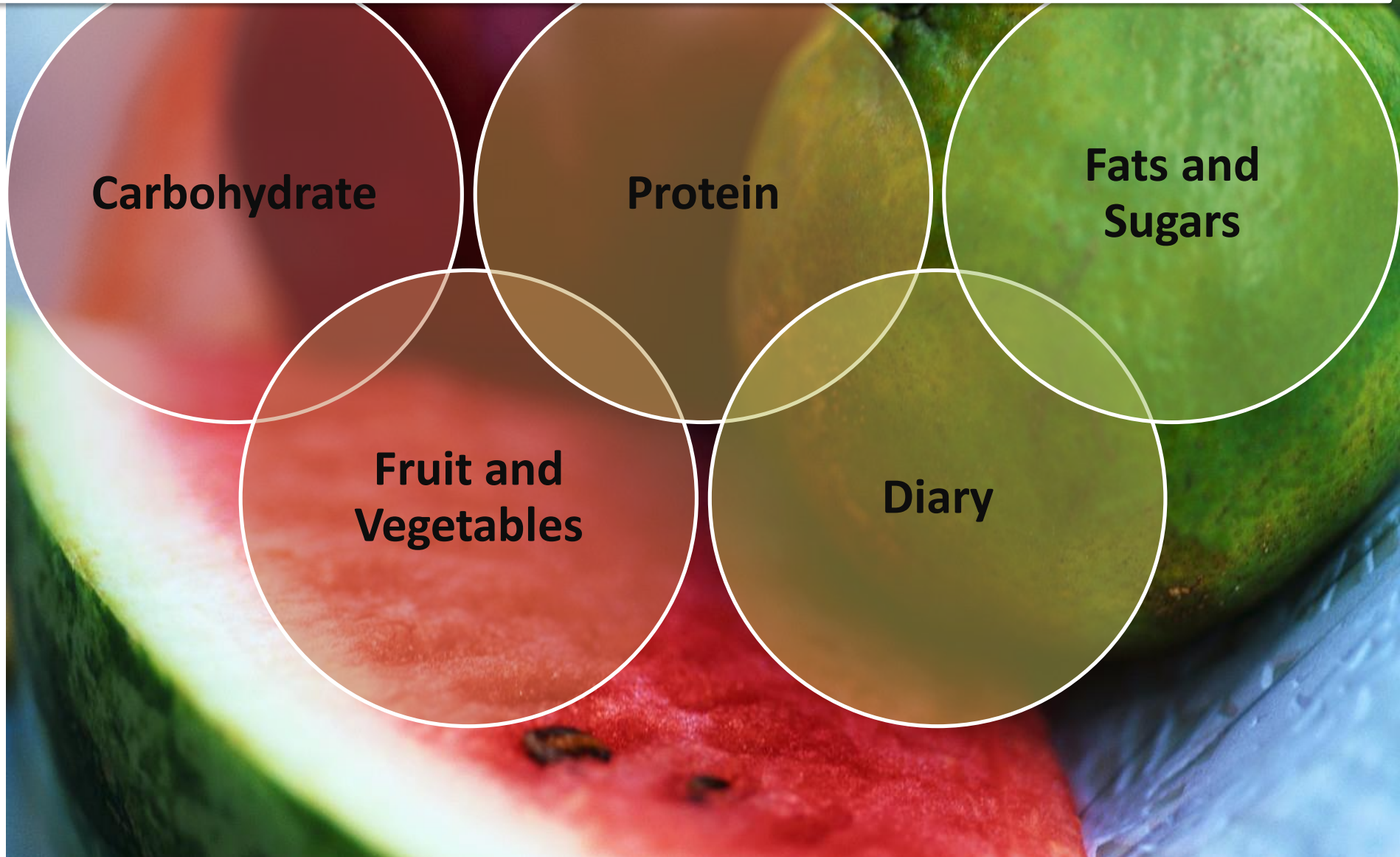
To know that to stay healthy we need an adequate and varied diet



INTRODUCTION

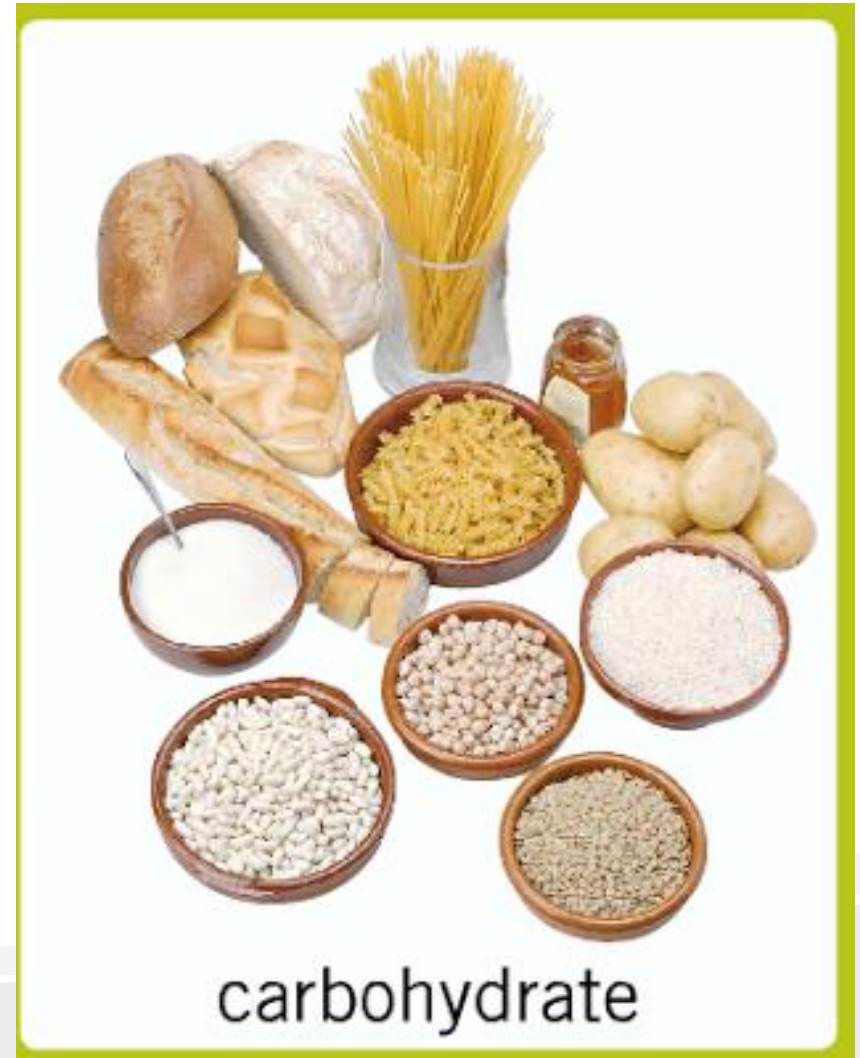
What do you think it means to be healthy? Because a lot of things affects our healthiness including what we eat and how active we are. Have you ever wondered what happens when you are hungry, you loose concentration or perhaps when a car needs fuel for its engine to work well. Likewise our body needs good food to function well.

What Does Each Type of Food Do For You?



Carbohydrate

Their main function is to give you energy. When you eat more than the required amount. It would be stored in your body as fats.



Fruit and Vegetables

They provide your body with the minerals and vitamins it needs to maintain good nutrition.





Protein

This helps your body to repair itself and assist with growth and smooth running of your body parts.

Dairy

Provides your body with vitamin A and D, however some dairy products can have higher fat content.

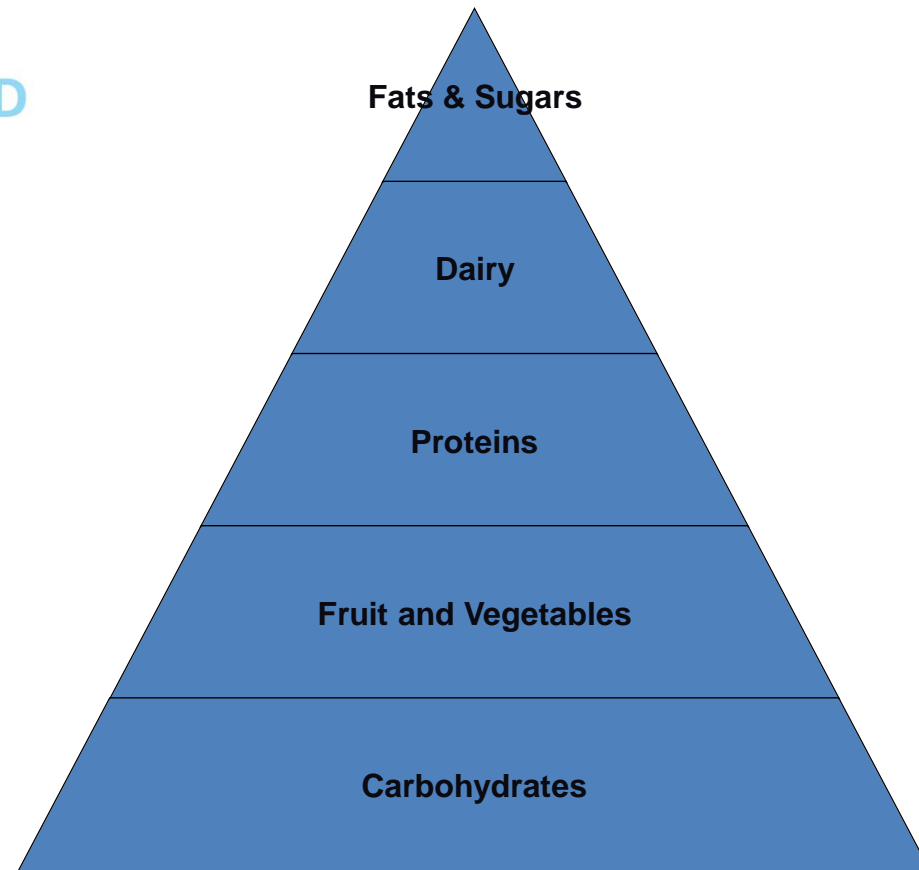
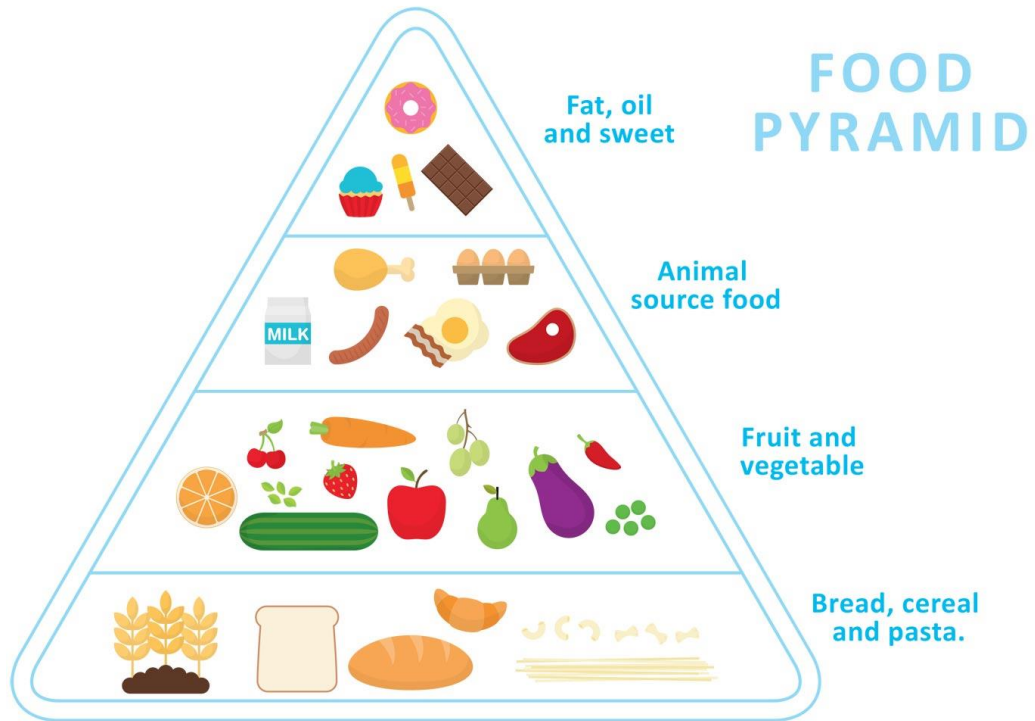




Fats and Sugars

Our bodies use these for generating energy, however we need very little fats in our body and that is why it is better to get your energy from carbohydrates. Large amount of fats can cause heart diseases which is the biggest killer in adults today because their arteries becomes clogged up with fat deposits.

Food Pyramid



TASK

Create a food pyramid showing foods that we should eat.

Place at the bottom the foods that we should eat less while the foods that we should eat more at the top.