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100 நபர்களுக்கு மேல் அரசு பணியில் அமர வைத்துள்ள நிறுவனம்.

## HEALTH AND HYGIENE

- ❖ word "health" refers to a state of complete emotional and physical well-being.
- ❖ As defined by World Health Organization (WHO), it is a "State of complete physical, mental, and social well being, and not merely the absence of disease or infirmity."
- ❖ Health is a dynamic condition resulting from a body's constant adjustment and adaptation in response to stresses and changes in the environment for maintaining an inner equilibrium called homeostasis.
- ❖ Hygiene is a science of the establishment and maintenance of health conditions or practices
- ❖ Hygiene is the practice of keeping yourself and your surroundings clean,
- ❖ The Chemical constituents of food which give us energy, help to build our body and protect us from diseases are called Nutrients.

1. Carbohydrate
2. Proteins
3. Fats
4. Vitamins
5. Minerals
6. Water.

- ❖ **Carbohydrates** are energy giving component of the food.

S. No.	Form of Carbohydrates	Sources
1.	Sugar	Fruits, Honey, Cane Sugar, Sugar Beet

2.	<b>Starch</b>	<b>Rice, Wheat, Maize, Potato, etc.</b>
3.	<b>Dietary fibre</b>	<b>Whole grain, nuts, etc.</b>

- ❖ The presence of Carbohydrate as Starch in the given food item.
- ❖ Iodine reacts with Starch to form Starch-Iodine complex which is blue-black in colour.
- ❖ Thus, the appearance of blue-black colour confirms the presence of Starch in the food item.

#### **FATS:**

- ❖ An energy-giving food provides more energy than Carbohydrates.
- ❖ Butter, ghee, milk, cheese, paneer, nuts, meat, fish, egg yolk etc.
- ❖ They insulate our body and protect the cells.

#### **PROTEIN:**

- ❖ Proteins are necessary for our growth repair, as well as for regulating various body functions such as digestion.
- ❖ sources of proteins pulses, eggs, fish, milk, chicken, soya bean, nut, grams etc,
- ❖ **Soyabean** is the highly rich source of protein.
- ❖ The presence of Protein
- ❖ Two drops each of Copper sulphate solution and **Sodium hydroxide**
- ❖ Change in colour of the given food sample turns purple or violet confirms the presence of Protein.

#### **VITAMINES:**

- ❖ Vitamins are required for carrying out various biochemical reactions in our body.
- ❖ Fruits, vegetables, grains, meat products are good sources of vitamins.
- ❖ Protective food. six major vitamins A, B, C, D, E and K. Vitamins B and Vitamins C are water soluble, Vitamins A, D, E and K are fat soluble.

<b>Vitamin</b>	<b>Found abundantly in</b>	<b>Disease we get if deficient in this</b>	<b>Symptoms</b>
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<b>Vitamin A</b>	Fish oil, egg, milk, ghee, carrot, corn, yellow fruits, greens	Night blindness	Poor vision, difficulty in seeing in dim light
<b>Vitamin B</b>	Whole grain, unpolished rice, milk, fish, meat, peas, lentils Green vegetables	Beriberi	Nervous weakness, fatigue.
<b>Vitamin C</b>	Oranges, Gooseberry, Greenchilly, Tomato	Scurvy	Bleeding gums
<b>Vitamin D</b>	Fish oil, milk and eggs. It is also made in our skin using sunlight	Rickets	Weak, flexible bones
<b>Vitamin E</b>	Vegetable oils, Green vegetables, whole wheat, Mango, apple, greens	Nervous weakness, dimming of eyesight	Childlessness, lack of resistance power to illnesses
<b>Vitamin K</b>	Green vegetables, Tomato, cabbage, eggs, milk products.	Weakness of the bones, teeth etc.	Even a small cut bleeds profusely.

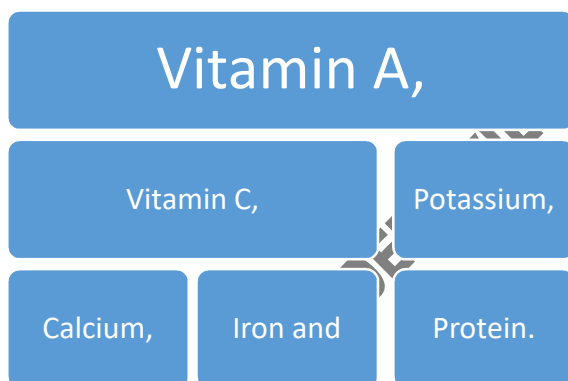
- ❖ Sun screen lotion reduces your skin's ability to produce Vitamin D by up to 95% which may lead to Vitamin D deficiency.
- ❖ Gooseberries contains nearly 20 times the vitamin C than Orange.
- ❖ Minerals are required for growth as well as for the regulation of normal body

function.

- ❖ Green leafy vegetables like spinach, pulses, eggs, milk, fish and fruits are important sources of minerals protective foods.

Minerals	Functions
Calcium	Strong bones and teeth, clotting of blood
Phosphorus	Strong bones and teeth
Iodine	Synthesis of thyroid hormone
Iron	Formation of haemoglobin and brain development

- ❖ 80% of the world production of Moringa Leaves is in India. The Major countries which import Moringa Leaves are China, US, Germany, Canada, South Korea and European countries.
- ❖ **Moringa** leaves are rich in



- ❖ It also contains Powerful anti oxidants

#### **WATER:**

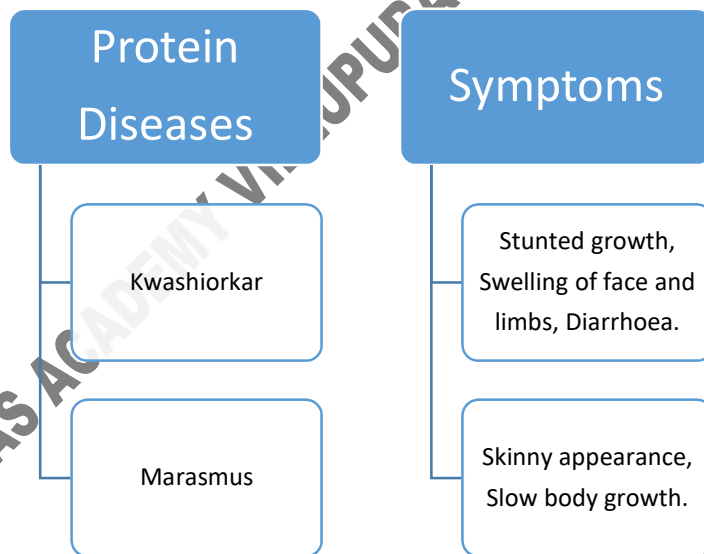
- ❖ Our body needs an adequate supply of water in order to maintain good health.
- ❖ minimum eight tumblers ( 2 Litres) of water every day.
- ❖ A diet should contain adequate amount of all the necessary nutrients required for healthy growth and activity.

#### **MALNUTRITION:**

- ❖ When your diet is not a balanced,

- ❖ Malnutrition occurs when all the nutrients that the body needs are not obtained in the proper proportions from the diet.
- ❖ leads to deficiency disease. caused due to lack of Nutrients in the diet are called **Deficiency Diseases**.
- ❖ India has the second highest number of obese children in the world after China,  
14.4 million children in the country have excess weight.

## DEFICIENCY DISEASES:



Mineral	Deficiency Disease
Calcium	Rickets.
Phosphorus	Osteomalatia
Iodine	Cretinism (in Child) Goitre (in adult)

<b>Iron</b>	<b>Anaemia</b>
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## PHYSICAL EXERCISE AND REST:

- ❖ Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness.
- ❖ Increase in growth and development,
- ❖ Strengthening muscles and the cardiovascular system,
- ❖ developing athletic skills, weight loss or maintenance, and enjoyment.
- ❖ Deep sleep seems to be one of the most critical time for body repair.

## REST:

- ❖ Rest is as important as nutrition and physical activity for growth and development and good health.
- ❖ “Early to bed and early to rise make a man healthy, wealthy and wise” Benjamin Franklin
- ❖ Personal hygiene involves those practices performed by an individual to care for one’s bodily health and well being, through cleanliness.
- ❖ 1. Diarrhoea
- ❖ 2. Tooth decay
- ❖ 3. Athlete’s foot( Madurai’s foot)
- ❖ 4. Dandruff.
- ❖ Bacteria
- ❖ Virus
- ❖ Protozoa
- ❖ fungi

## BACTERIA:

- ❖ Small prokaryotic microorganisms.
- ❖ Membrane bound organelles.
  - Bacteria can exist either as independent organisms or as parasites
  - They invade tissues
  - They produce pus or harmful wastes

## BACTERIAL DISEASES:

<b>S.No</b>	<b>Bacterial diseases</b>	<b>Mode of transmission</b>

1.	Cholera	contaminated water
2.	Pneumonia	inhalation of airborne droplets from a sneeze or cough.
3.	Tetanus	contamination of wounds with the bacteria
4.	Tuberculosis	inhalation of airborne droplets from a sneeze or cough.
5.	Typhoid	contaminated food or water

- ❖ Disease is a definite pathological process having a characteristic set of signs and symptoms.
- ❖ Disorder is a derangement or abnormality of function.
- ❖ Virus is an acellular agent that replicates only inside the cells of other living organisms.
- ❖ can infect plant, animals and microorganisms.

## Diseases Caused By Virus

1. Common cold
2. Influenza
3. Hepatitis
4. Polio
5. Smallpox
6. Chicken pox
7. Measles