

Topic: Family Health (II)

Sub-topic: I. Definition of Nutrition

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II. Balanced Diet and Examples

Introduction

Every day, we eat food to stay alive and strong. But not all food we eat gives the **right nutrients** our body needs. Eating the right type and amount of food is called **good nutrition**.

1. What is Nutrition?

- **Nutrition** is the process by which living organisms take in food and use it for growth, repair, and energy.
 - It involves eating **the right kinds of food** in the **right amounts** to stay healthy.
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2. Classes of Food (Nutrients)

Class of Food	Function	Examples
Carbohydrates	Provide energy	Rice, yam, bread, maize
Proteins	Body building and repair	Beans, meat, fish, eggs
Fats & Oils	Energy storage and insulation	Butter, groundnut, palm oil
Vitamins	Protection from diseases	Fruits, vegetables
Minerals	Strong bones, teeth, blood function	Salt, milk, spinach
Water	Hydration, digestion	Clean drinking water
Fibre	Helps in digestion	Vegetables, whole grains

3. What is a Balanced Diet?

- A **balanced diet** is a meal that contains all the **classes of food** in the **right proportions**.

- It gives the body everything it needs to function well: energy, growth, protection, and repair.
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4. Examples of Balanced Diet

1. **Breakfast:** Bread + boiled egg + orange + water
2. **Lunch:** Rice + beans + vegetable sauce + meat + water
3. **Dinner:** Yam porridge with fish and vegetables
4. **Traditional Nigerian Balanced Meal:** Eba + Egusi soup with fish/meat + water

✅ A balanced meal **does not have to be expensive**. It should just contain a variety of nutrients.

5. Importance of Good Nutrition to Family Health

1. Promotes **growth** in children.
 2. Builds **strong bones and teeth**.
 3. Increases **energy and strength**.
 4. Helps the body **fight diseases**.
 5. Improves **mental performance**.
 6. Keeps the skin and hair healthy.
 7. Helps in **quick recovery** from sickness.
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Effects of Poor Nutrition (Malnutrition)

- Stunted growth
- Tiredness and weakness
- Frequent illness
- Kwashiorkor and marasmus (especially in children)