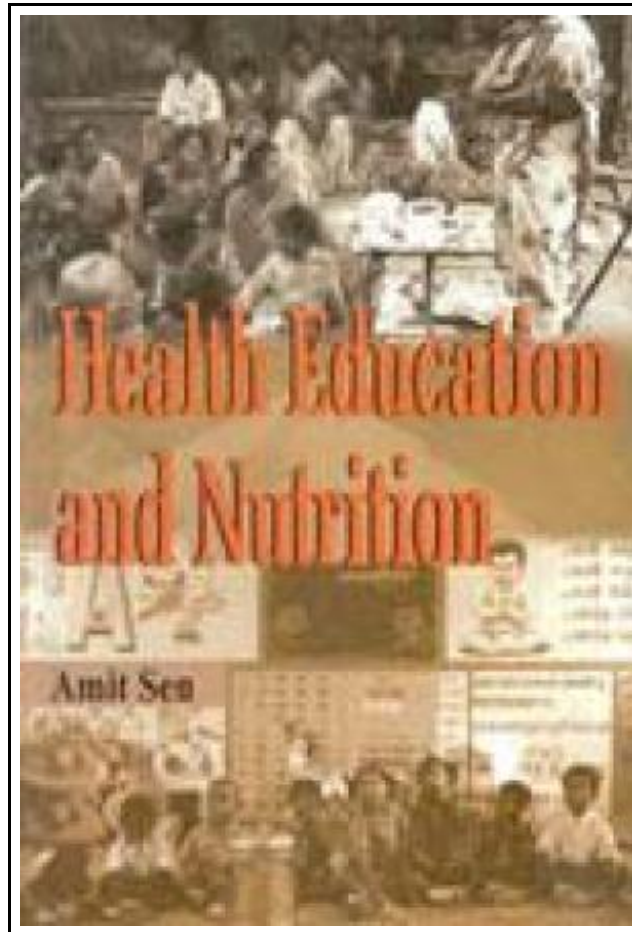


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2005. Hardcover. Book Condition: New. 262 Health, in a living organism, can be understood as homeostasis the state in which the organism is in balance, with inputs of energy and mass and outputs of energy and mass in approximate equilibrium and the prospects for continued survival of the organism are positive. Being healthy is more than not being sick. Nutrition plays an important role in maintaining good health. Comprehensive education teachers students fundamental health concepts and skills that foster healthy habits and behaviours for the individual and others through sequential and coordinated teaching of health education, physical education, and family and consumer sciences education at each grade level, kindergarten through grade. The nature, scope and importance of health education are elaborately discussed in the present volume. The basic nutrition concepts and their relationships to health status and disease causation are elaborately narrated. It is hoped the book will prove to be of much use to researchers, planners, governmental and non-governmental agencies, students, teachers, teacher in training and teacher trainers. About The Author:- Amit Sen, a famous freelance writer, holds masters degree in English literature and home science. She has an excellent record of educational achievements and is a winner of many prestigious awards. As a writer she profusely contribute learned features and articles in famous newspapers, magazines, and weeklies of India. Cooking, travelling and gardening are her favourite hobbies and has authored several books on the subjects. She is also a noted poetess. She has participated in a number of seminars and has submitted research papers on different subjects. Her cultural interests and activities include participation in dance, modeling and music competitions where she has been awarded prizes for her marvelous performance. Contents:- Preface Meaning and Definition of Health Meaning, Definition, Objectives and Principles of Health Education Balance Diet, its...

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