



## Health Education And Nutrition

By Amit Sen

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...



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