

Healthy feeding Habits

EATING HABITS: These are the common pattern of eating formed by different people. Some can be healthy or unhealthy. Healthy feeding result from choosing nutritious food to eat. Unhealthy feeding result from choosing poor food.

FUNCTION OF FOOD

1. It provides the body with heat and energy,
2. Food helps in the growth and development of body tissue.
3. It repairs and helps in the maintenance of body cells

Table manners

Table manners are the rules observed while feeding which may also include inappropriate use of cutleries.

1. Sit upright at dining table but do not allow your body to touch the table.

Importance of healthy feeding habit

1. It makes one look and feel better
2. Healthy feeding makes individual to have more energy
3. It prevents people from having diseases later in life e.g diabetes, obesity, heart disease

Effects of unhealthy eating habit

1. Weight gain
2. Fatigue, nausea
3. Indigestion and heart burn-over eating, too much of fatty /greasy food

ASSIGNMENT

1. State 5 Table manner that should be observed when you are eating.