

Healthy feeding Habits

FOOD- Food is an edible substance that when eaten, it digest and will lead to good health.

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.

Good food habits and table manners

1. Always eat three balance meal everyday
2. Sit uprightly in a chair
3. Always wash your hands before and after meals
4. Do not hurry over your meal or eat too quickly eat slowly
5. Chew the food properly

Unhealthy Eating Habit

1. Eating in a hurry.
2. Skipping breakfast
3. Overeating
4. Under-eating

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 feeding habit

1. Weight gain
2. Fatigue, nausea
3. Indigestion and heart burn-over eating, too much of fatty /greasy food
4. Marasmus – Lack of protein and energy in the diet of a child.
5. Kwashiorkor- Lack of protein in the diet of a diet
6. Obesity
7. Malnutrition- Under- nutrition and Over- nutrition.

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ASSIGNMENT

1. State 5 symptoms of Marasmus
2. State 5 symptoms of kwashiorkor