**KENDRIYA VIDYALAYA ANNANAGAR CHENNAI -40 DATE :05/12/20**

**FIRST ANNIVERSARY OF FIT INDIA MOVEMENT AND II EDITION OF FIT INDIA**

LECTURE ON DIET AND NUTRITION FOR VIDYALAYA STUDENTS.

DIET-The kind of food that a person or community habitually eats.

NUTRITION-The processes of providing or obtaining the food necessary for health and growth.

Balanced diet -diet rich in all nutrients.diet contain carbohydrates,protein,fat,fibre,vitamins,minerals and water.

ESSENTIAL NUTRIENTS FOR A HEALTHY BALANCED DIET

Carbohydrates gives energy and essential for physiological activity

Source-wheat ,rice,maize,bajra,oats,ragi,corn,fresh fruits and legumes

Protein-keep muscle and immune system good condition,tissue growth and maintance

Source-fish,nuts,pulses,dals,lean meat

Fats-gives energy ,hormone production,support cell growth,aborb nutrients

Source-peanuts,olive oil,sunflower oil,mustard oil,seed and nuts

Fibre-Regulates blood sugar level,bowel function

Source-peas,beans ,vegetables,fruits and seeds.

Vitamins and minerals-vitamins resist infection,clot blood properly,metabolism.cell growth and biochemical functions

Source-fruits ,vegetables,nuts and seeds

Water-Regulate body temperature ,flush out toxins and waste,carries nutrients to all cells,water allows the body to absorb and assimilate minerals,vitamins,aminoacids and glucose etc

Vegetables and fruits promote health by providing vitamins ,minerals and fibre.it is excellent source of fibre.

Vitamin A-SOURCE-carrot,sweet potato,spinach

Vitamin B12-Source-Meat,poultry,fish-important for metabolic activity

Vitamin C-source-lemon,orange,grapes,tomato,pine apple,guava,tomato etc

Vitamins E-Nuts,seeds,vegetable oils

Minerals-Milk and milk products provide essential minerals and quality protein

Magnesium essential for muscle contraction

Calcium-importance for bone and teeth healthy.

**Good nutrition**-Means eating a variety of foods that gives nutrients and maintain good health

**Why do we need nutrition**-healthy diet promotes healthy out comes,support normal growth ,development and ageing,helps to maintain a healthy body weight and reduces the risk of chronic diseases.

**How does nutrition affect the body**-poor nutrition can contribute to stress,tiredness,illness and health problems.

What happens to your body when you do not eat properly.stress,metabolism slows down and loose body weight.

**Bad food for health**-sugar drinks ,junk food,packed fruit juices,potatochips .

Avoid food that are high salt and sugar,limit your fat intake ,avoid sweet intake much.

Eat fresh and unprocessed food everyday,eat fruits,vegetables,beans ,nuts and whole grain.

**Covid 19** cannot transmit through food but avoid contamination.

**Follow WHO guidance ie social distance,wear mask and frequently wash your hands.**

Easily digestable diet take it ,late night donot take dinner.

Drink lot of liquids ie coconut water,butter milk ,turmeric water,lemon water .

Good sleep improve your immune system.

Diet and sleep management is essential in the lockdown period.

Eat variety of food ,include fruits and vegetables.

Finally lecture concluded by interactive session.

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**KENDRIYA VIDYALAYA ANNANAGAR CHENNAI -40 DATE :05/12/20**

**FIRST ANNIVERSARY OF FIT INDIA MOVEMENT AND II EDITION OF FIT INDIA**

 **Report of lecture on diet and nutrition**

Presented by c. chellapandian PGT BIOLOGY

Number of participants :200

Class participated: IX

As the part of first anniversary of fit india movement lecture on diet and nutrition delivered to class IX children on 5/12/20 .

The following important aspects of diet and nutrition discussed with children.

Definition of diet ,nutrition ,balanced diet and essential nutrients for a healthy balanced diet-carbohydrate,protein,fats,fibre,vitamins,minerals and water source of diet and function highlighted.

Importance of vegetables and fruits,each vitamins source and function discussed and also importance of minerals focused.Good nutrition ,why do we need nutrition,how does nutrition affect the body and bad food for health discussed.Especially during this pandemic covid 19 situation why balanced diet essential ,how we can boost immunity against diseases and world health organization guidance for precautions, ie maintain social distance,wearing mask and washing hands frequently insisted to students as a safty measures.

Importance of water,good sleep ,WHO five key to safer food discussed with children,finally session concluded with interaction.

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