Life Skills



Chapter 8

Health is Wealth

Health is important for us. To remain healthy we need nutrition, exercise, adequate sleep and care of our body.

TIPS TO REMAIN HEALTHY







- Don't remain hungry for long periods of time.
- Don't eat food in excess. Eat food at regular intervals.
- Eat food slowly by chewing well.
- Don't eat too many fried foods. They make us fat.
- Includes lots of fruits and vegetables in our diet.
- Regulate all junk foods-like chowmein, burger etc.
- Don't drink too many soft drinks.
- Drink a lot of water.
- Have healthy drinks like water and fruit juices.
- Never use tobacco of any type. It causes cancer.

BALANCED DIET

It is very important to have good eating habits and a balanced diet for the proper growth of our body and prevention of diseases. Our balanced diets should include the following things.

1. **Carbohydrates–** Carbohydrates in food provide energy and heat to our body. Potatoes and rice are good sources of carbohydrates.
2. **Proteins–** Proteins are found in meat, eggs, fish and pulses. They help us to grow and stay healthy.
3. **Vitamins–** Vitamins are natural substances found in foods. We need them to stay healthy as they prevent us from various diseases.
4. **Fibres–** They help us to digest our food properly. They are found in nuts, fruits, beans and vegetables.
5. **Minerals–** Minerals like calcium, phosphorus and irons are essential for our health. Some minerals are present in food and drinks.

Think Fast

Write the names of any five foods that you think should be included in our balanced diet.

1. _____
2. _____
3. _____
4. _____
5. _____

LIVEWORKSHEETS