

Eating Healthy

You may think that you are too short, tall, thin or heavy. Keep in mind that all people are different, and they grow and develop in their own ways. Having a realistic body/self-image is important. A poor self-concept/body image can lead to unhealthy behaviours. Some people, especially girls, become overly concerned about their self-image and develop serious eating disorders. People grow especially quickly between the ages of ten and twenty. During these years, your body needs plenty of nutrients of every kind. Between these ages, people begin to cut back on the amount of food they eat. Boys are hoping to build muscles eat foods rich in protein but lacking carbohydrates. Girls avoid all foods they think are fattening, including calcium-rich dairy products.



A **nutritional deficiency** is the lack of a certain nutrient in the diet. These deficiencies can cause **anemia** – lack of iron – the blood carries less oxygen than the body needs.

If you take in more food than your body needs, the body stores it as **fat**. Being overweight can damage your health. Overweight or **obese** people can develop **high blood pressure**, **heart disease**, and **Type 2 diabetes**.

As your body develops and changes, so does your relationships with your parents and friends. Sometimes young people form cliques or groups of friends who exclude others from joining. Being a part of a clique can help you feel a sense of belonging and support.

Cliques can be harmful if they encourage unhealthy behaviour. To help your body work at its best, you need to eat a balanced diet. A **balanced diet** is a diet of a variety of foods that give the body all the nutrients it needs.

Vitamins help important chemical reactions take place in your body.

Your body needs water most. Water helps:

- ☐ Transports nutrients to all the cells of the body
- ☐ Builds new cells
- ☐ Keeps body temperature stable
- ☐ Helps carry waste out of the body
- ☐ Keeps joints moving smoothly

You should drink 6-8 glasses of water a day.

Fiber helps food move through the digestive system and prevents some forms of cancer. Carbohydrates, fat, proteins, mineral, and vitamins are five basic groups into which food can be placed according to what we get from them.

1. Define what a balanced diet is. [1]

2. According to the passage, what does the body need most? [1]

3. State two benefits of water for our bodies. [2]

4. About how many glasses of water should we drink per day? [1]

5. Explain what is anemia. [2]

6. Name TWO health problems an overweight person can develop. [2]
