

## FOOD HEALTH AND DISEASES

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## JUNK FOOD

Junk food refers to any food that contains high amount of sugar and fat and low amount of nutrients and fibres . When eaten , these food items make us feel full . i.e . get rid of hungry but they provide less nutrition to the body . All the excess fat present in these foods cannot be used completely by the body and gets stored.

## WAYS TO MAKE DIET HEALTHIER

A diet can be made healthier by adding certain ingredients to the diet .

Adding sprouts ( germinating seeds ) of cereals and pulses .

Adding salads and raw vegetables such as radish , carrot , beetroot , lettuce etc .

Including milk and milk products .

Including fermented food items like curd , cheese , baked bread etc .

Eating fruits as snacks .

Don't write only read it .

D . Write True or False .

- 1 . Proteins help in repairing body cells . True
- 2 . Deficiency of vitamin C causes scurvy . True
- 3 . Iron is found in peas and beans . True
- 4 . The person suffering from night blindness is not able to see in dim light . True
- 5 . Vitamin E helps the heart to work smoothly . True

## HOME WORK

Do CW in HW .