

Importance of Health and Nutrition

Hygiene teaches how to be the watchdogs of their own health.

– Vasily Klyuchevsky

It is said that ‘Health is wealth’; we need to realize that health is important. The food we eat, the lifestyle we are living today is completely changed and we do not pay much attention on our health. We should get proper constituents from the food we eat. To make us understand about this, a session on Health and Nutrition was conducted in St. Xavier’s Institute of Education on Saturday, 17th September, 2016.

The session was dealt more with the explanation about the food pyramid that it is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients – protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.

Foods that contain the same type of nutrients are grouped together on each of the shelves of the Food Pyramid. This gives you a choice of different foods from which to choose a healthy diet. Following the Food Pyramid as a guide will help you get the right balance of nutritious foods within your calorie range. Studies show that we take in too many calories from foods and drinks high in fat, sugar and salt, on the top shelf of the Food Pyramid. They provide very little of the essential vitamins and minerals your body needs. Limiting these is essential for healthy eating.

The session was made interesting by interacting with students and clearing various doubts about health, nutrition and healthy food items. The speaker provided information to the fullest which is helpful and needed for every individual. The session gave us information, why and what is necessary for better health and nutrition and also about balanced diet.