

Understanding Health, Hygiene and Balanced Diet

Chapter 3: Health, Hygiene and Balanced Diet · Topic 1

Key Concept

Personal hygiene practices, like regular bathing, handwashing, and dental care, prevent the spread of germs and keep our body healthy.

A balanced diet includes carbohydrates, proteins, fats, vitamins, and minerals in the right proportions, supporting growth, energy, and disease prevention.

Poor hygiene and unhealthy eating habits can lead to illnesses, while good habits build strong immunity and overall wellness.

Combining good hygiene practices with balanced nutrition creates a strong foundation for lifelong health, especially important during the growing years of adolescence.

Quick Revision Notes

- Personal hygiene includes bathing, handwashing and dental care.
- Hygiene prevents the spread of germs.
- A balanced diet includes all major nutrient groups.
- Balanced diet supports growth and energy.
- Poor habits can lead to illness.
- Good habits build strong immunity.
- Combining hygiene and nutrition supports lifelong health.
- This is especially important during adolescence.

Practice Questions

- 1 List your daily hygiene practices.
- 2 Plan a balanced meal with all major nutrient groups.
- 3 Discuss why hygiene and diet both matter for health.
- 4 Identify one health habit you could improve.
- 5 Research a nutrient and its importance.
- 6 Discuss why health habits matter more during teenage years.