

From Diet to Health

Chapter 9: From Diet to Health · Topic 1

Key Concept

A balanced diet includes carbohydrates, proteins, fats, vitamins, minerals, and water, each essential for different body functions.

Deficiency diseases occur when we lack essential nutrients, like a lack of Vitamin A causing night blindness or lack of iron causing anaemia.

Along with a good diet, regular exercise, adequate sleep, and proper hygiene all contribute to overall good health.

Understanding the link between diet and health helps us make informed food choices for a healthier lifestyle.

Quick Revision Notes

- Balanced diet: carbs, proteins, fats, vitamins, minerals, water.
- Each nutrient serves a body function.
- Deficiency diseases: lack of nutrients.
- Example: lack of Vitamin A causes night blindness.
- Lack of iron causes anaemia.
- Exercise, sleep, hygiene also matter.
- These all contribute to good health.
- Understanding diet-health link aids food choices.

Practice Questions

- 1 Plan a balanced meal with all nutrients.
- 2 Research a deficiency disease and its cause.
- 3 Discuss why exercise matters for health.
- 4 Discuss why sleep matters for health.
- 5 List foods rich in iron and Vitamin A.
- 6 Discuss your own healthy habits.