



Bharathidasan University
Centre for Differently Abled Persons
Khajamalai Campus
Tiruchirappalli-620 023
Tamilnadu

Bachelor of Computer Applications

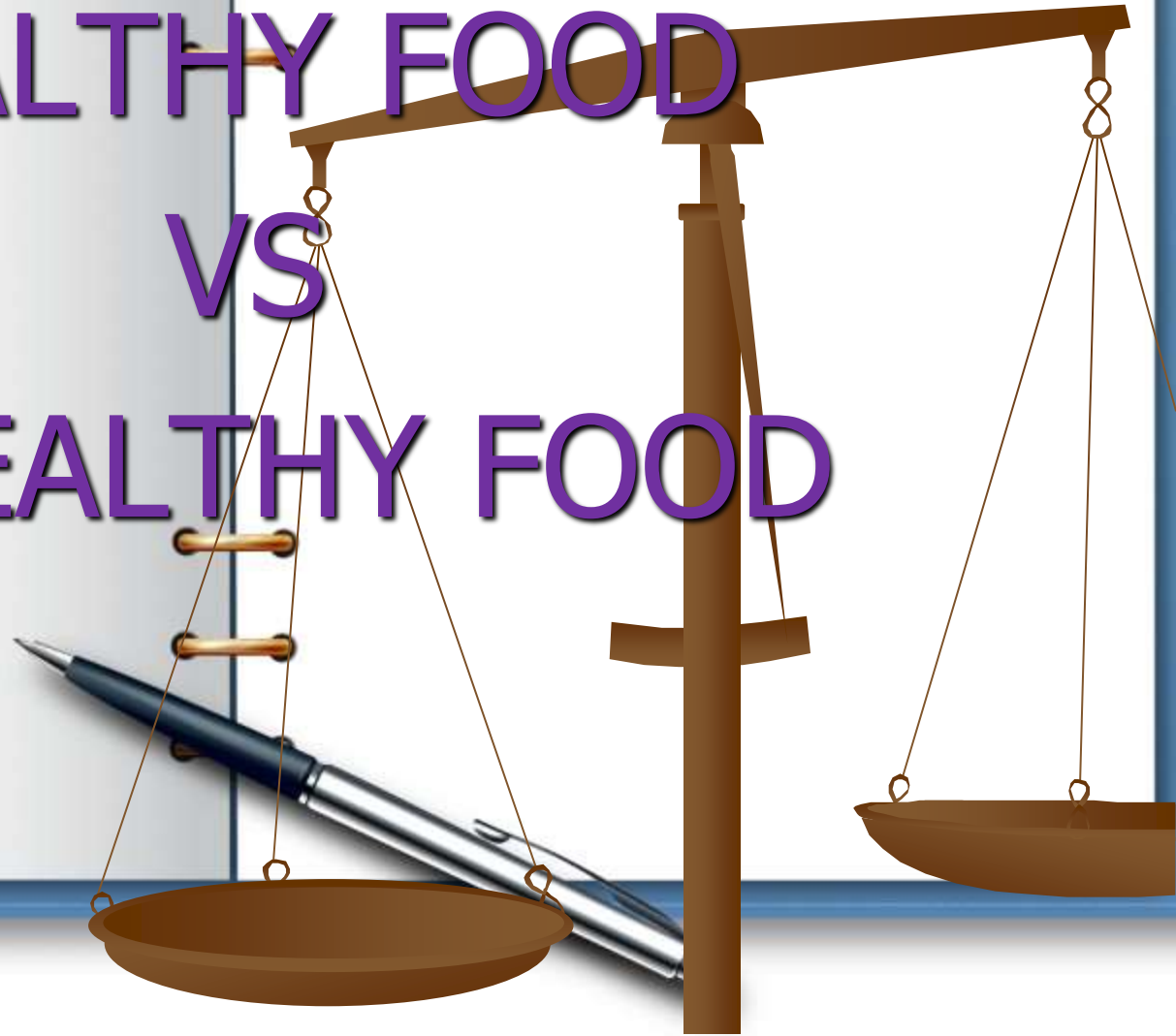
(For Students with Hearing & Speech Impairment)

Course: VALUE EDUCATION
UNIT - 5

Compiled By

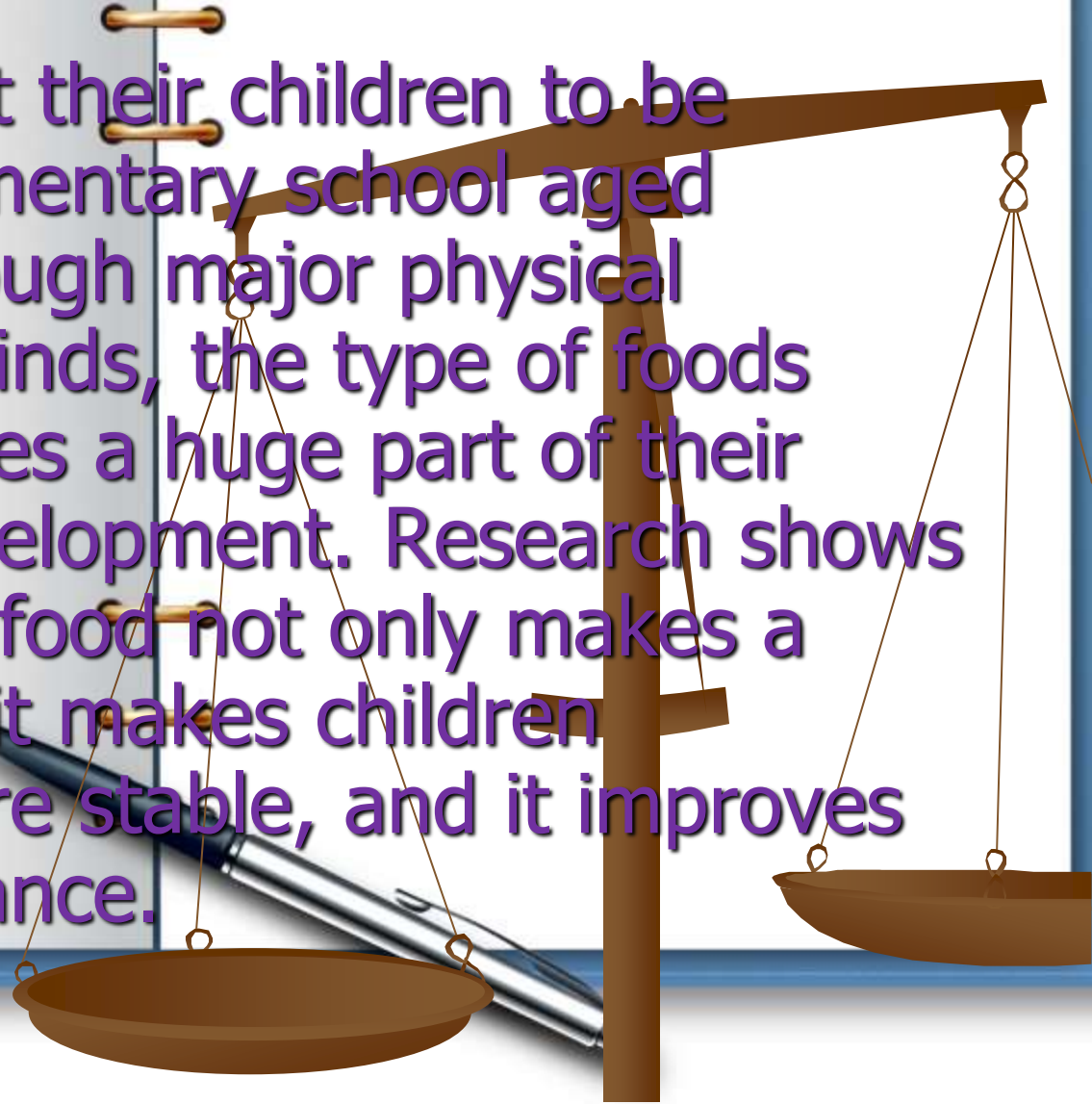
Dr.M.Prabavathy
(Assistant Professor)

HEALTHY FOOD VS UNHEALTHY FOOD



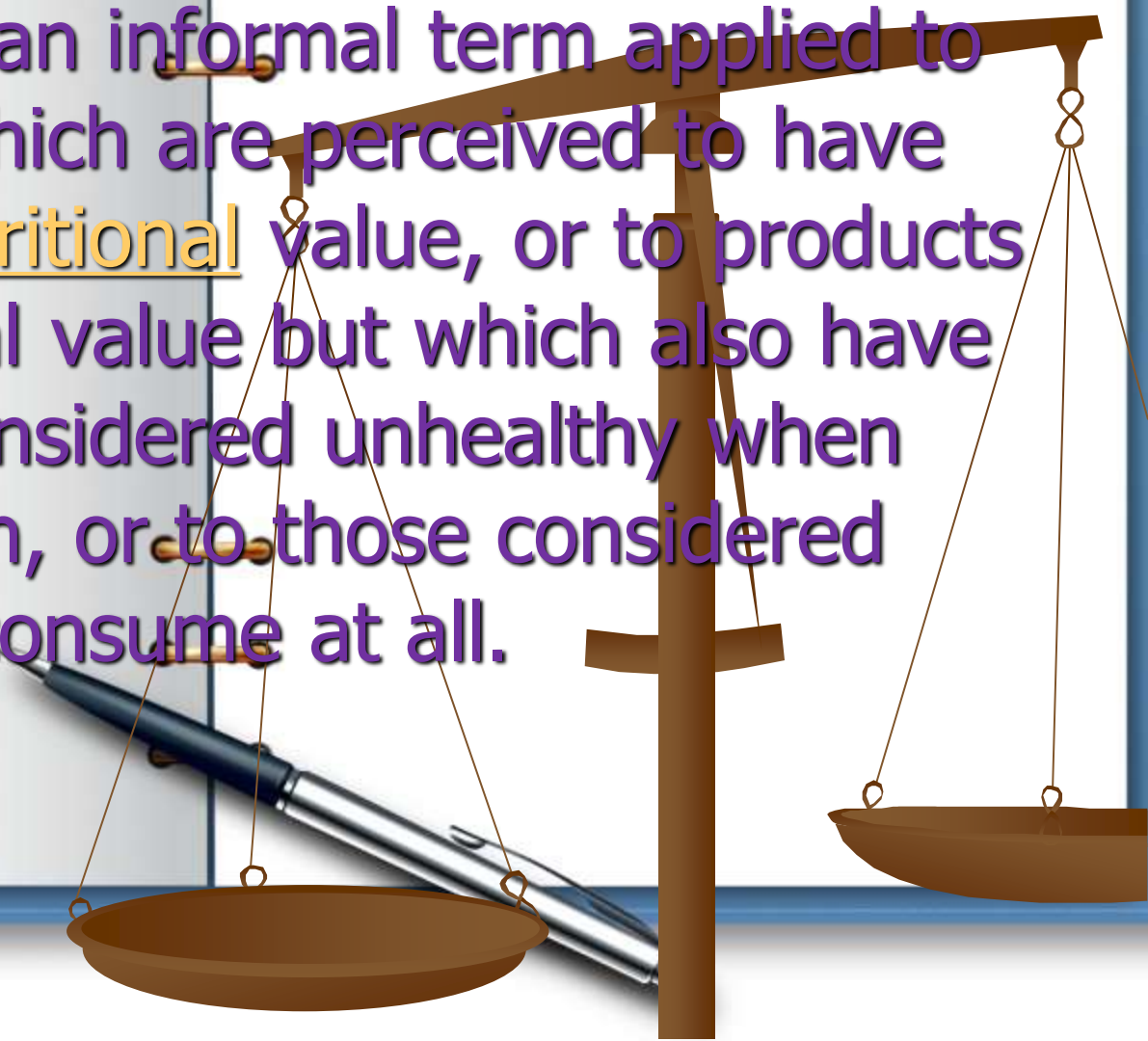
Why Choose Healthy Foods?

- All parents want their children to be healthy. As elementary school aged children go through major physical changes of all kinds, the type of foods they eat becomes a huge part of their growth and development. Research shows that nourishing food not only makes a child healthier, it makes children emotionally more stable, and it improves school performance.

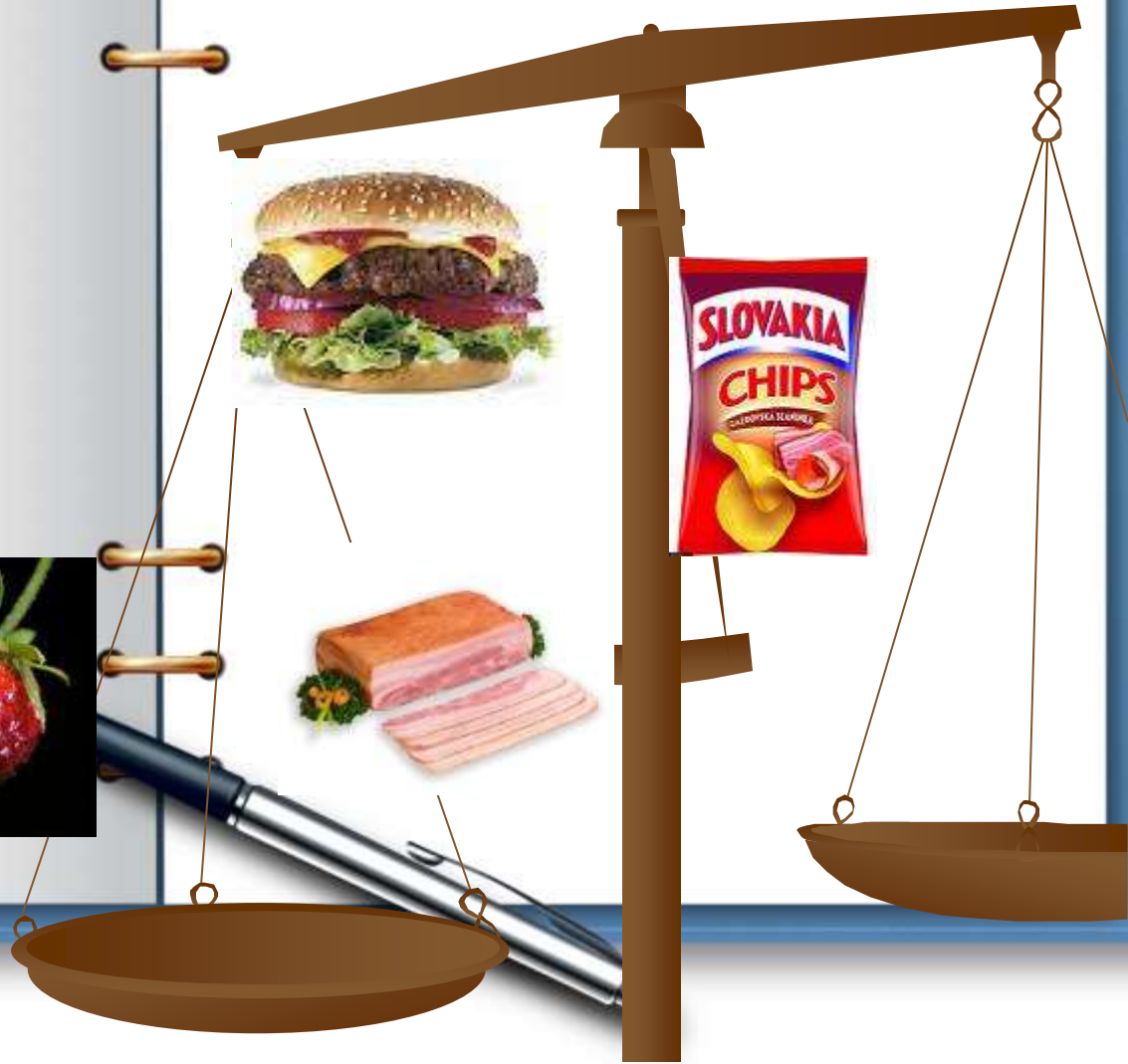


UNHEALTHY FOOD

- **Junk food** is an informal term applied to some foods which are perceived to have little or no nutritional value, or to products with nutritional value but which also have ingredients considered unhealthy when regularly eaten, or to those considered unhealthy to consume at all.



Healthy and unhealthy food



HEALTHY FOOD

- A healthy diet is one that helps maintain or improve health. It is important for the prevention of many chronic disease such as: obesity, heart disease, diabetes, and cancer.
- A healthy diet involves consuming appropriate amounts of all nutrients, and an adequate amount of water. Nutrients can be obtained from many different foods, so there are a wide variety of diets that may be considered healthy diets.



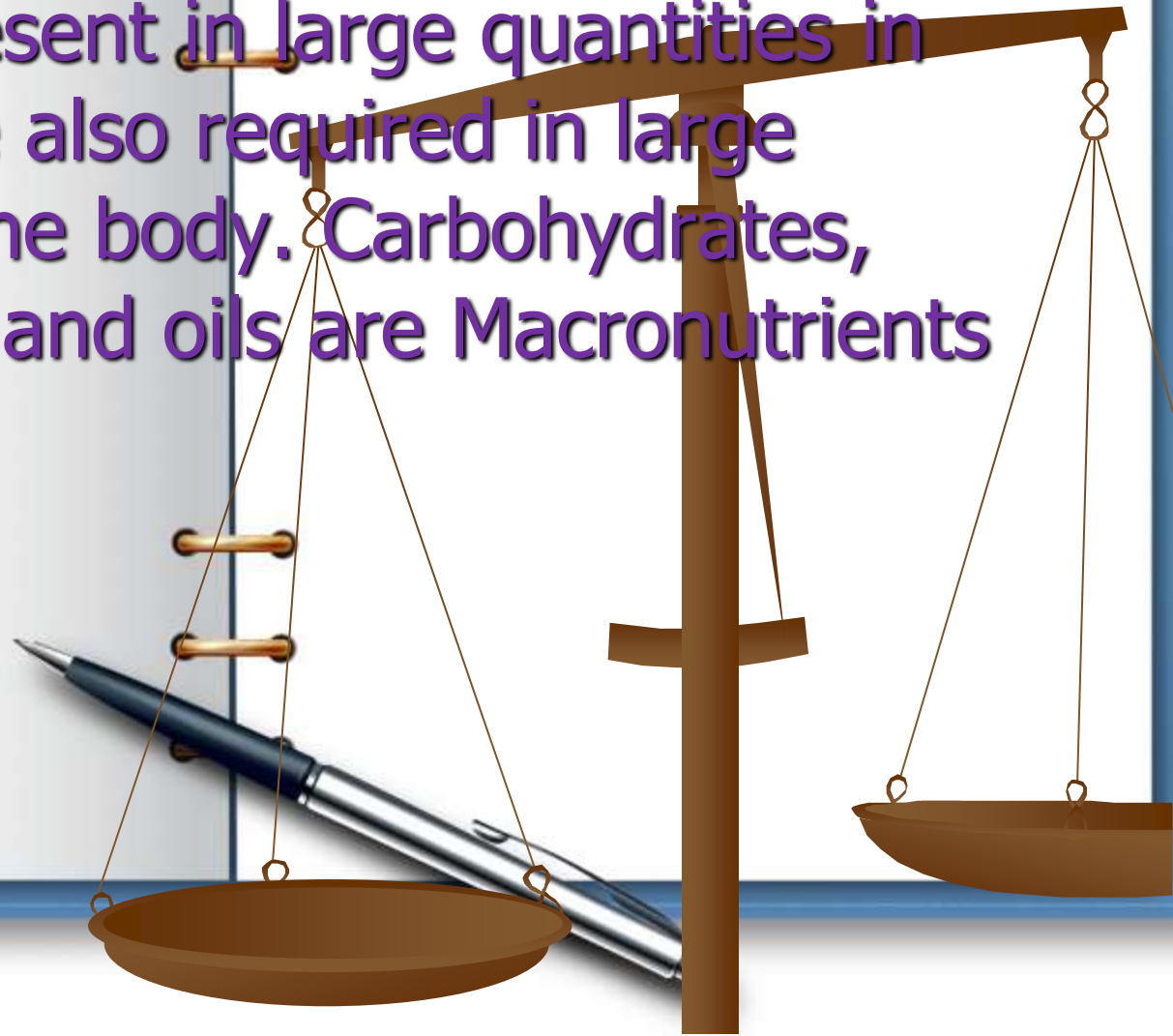
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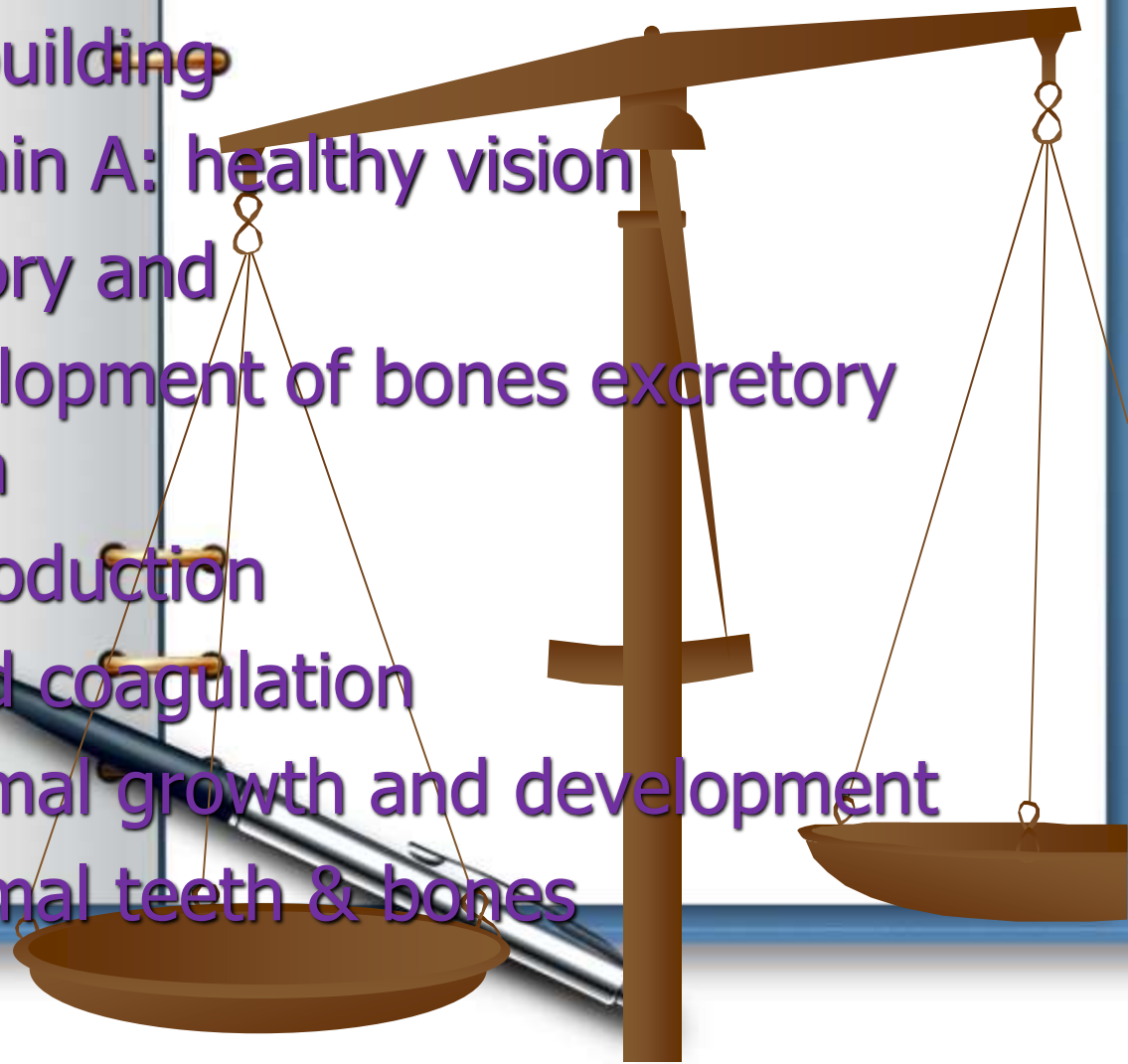


Macronutrients

- These are present in large quantities in foods and are also required in large amounts by the body. Carbohydrates, proteins, fats and oils are Macronutrients



- Carbohydrates: Energy – Minerals: Calcium, iron, iodine:
- – Fats: Energy Body building and regulation
- – Protein: Body building
- – Vitamins: Vitamin A: healthy vision
- – Water: regulatory and
- – Vitamin D: development of bones excretory function and teeth
- – Vitamin E: Reproduction
- – Vitamin K: Blood coagulation
- – B complex: Normal growth and development
- – Vitamin C: Normal teeth & bones



THANK YOU

