



BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI-620 024,
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Programme : Bachelor of Physical Education

**Course Title: HEALTH EDUCATION AND
ENVIRONMENTAL STUDIES**

Course Code : 21BPE13

Unit -III

Introduction of Health Education

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Unit-III

Title

- **Health Problems in India**
- **Natural Resources and Related Environmental Issues**

Introduction of Nutrition

- Nutrition is the science that studies how the food we eat impacts our health and well-being.
- It examines how our bodies use nutrients from food to function properly, grow, and maintain health.
- Nutrition involves understanding the roles of various nutrients.

Types of Nutrition

- **Macronutrients:** These include carbohydrates, proteins, and fats. They provide energy and are essential for growth and repair.
 - ❖ **Carbohydrates:** Supply energy and are found in foods like bread, rice, and fruits.
 - ❖ **Proteins:** Build and repair tissues and are found in meat, dairy, and legumes.
 - ❖ **Fats:** Provide energy and help absorb certain vitamins; sources include oils, nuts, and avocados.
- **Micronutrients:** These are vitamins and minerals needed in smaller amounts but are crucial for various bodily functions.
 - ❖ **Vitamins:** Such as vitamin C (for immune function) and vitamin A (for vision).
 - ❖ **Minerals:** Such as calcium (for bone health) and iron (for blood health).
- **Water:** Vital for nearly every bodily function, including digestion, temperature regulation, and nutrient transport.

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- Nutrition also looks at how dietary choices influence health outcomes, such as maintaining a healthy weight, preventing chronic diseases (like diabetes and heart disease), and supporting overall well-being.
- Good nutrition involves balancing these nutrients and making informed food choices to meet individual health needs and goals.

BALANCED DIET

- **Fruits and Vegetables:** Rich in vitamins, minerals, and fiber.
- **Proteins:** From sources like meat, fish, beans, and nuts, which are crucial for muscle repair and growth.
- **Carbohydrates:** Found in grains, fruits, and vegetables, providing energy.
- **Fats:** Essential for brain health and hormone production, with sources like avocados, nuts, and olive oil.
- **Dairy or Alternatives:** Important for calcium and vitamin D, which support bone health.