



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 -IV

Introduction of Health Education

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Guest Lecturer

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FOOD

- Understanding the relationship among different foods involves recognizing how they interact with each other in terms of nutrition, health benefits, and overall dietary balance.



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- **Nutrient Synergy:** Some foods work together to enhance nutrient absorption and overall health. For example:
 - **Vitamin C and Iron:** Vitamin C, found in citrus fruits and bell peppers, can enhance the absorption of iron from plant-based sources like spinach and lentils.
 - **Fat and Vitamins A, D, E, K:** These fat-soluble vitamins are better absorbed when consumed with dietary fats. Adding avocado or olive oil to salads can help your body absorb these vitamins more effectively.
- **Balanced Meals:** Combining different types of foods in a meal can help balance nutrient intake. For example:
 - A meal that includes lean protein (chicken or tofu), complex carbohydrates (brown rice or quinoa), and a variety of vegetables ensures you get a good mix of macronutrients and micronutrients.
 - Including a variety of food groups can help meet daily requirements for essential vitamins and minerals and provide sustained energy.
- **Glycemic Index and Load:** Foods vary in how quickly they raise blood sugar levels. Combining high-glycemic index foods (like white bread) with low-glycemic index foods (like beans or vegetables) can help moderate blood sugar spikes.

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- **Digestive Health:** Some foods aid digestion and improve gut health:
 - **Fiber:** Found in fruits, vegetables, and whole grains, fiber helps maintain healthy digestion.
 - **Probiotics:** Found in yogurt and fermented foods, probiotics can support a healthy gut microbiome.
- **Satiety and Weight Management:** Combining protein and fiber-rich foods can help you feel fuller for longer, which can aid in weight management. For example, a meal with lean protein, whole grains, and vegetables can help control hunger better than a meal high in refined carbohydrates.
- **Flavor and Culinary Enjoyment:** Understanding how different foods complement each other in terms of taste and texture can make meals more enjoyable and satisfying. For instance, combining sweet and savory elements or adding herbs and spices can enhance the flavor profile of a dish.
- By considering these relationships, you can create more balanced and nutritious meals, improve digestion, and support overall health and well-being.

EXPLOSIVE POPULATION

- DEFINITION

- . A rapid increase in the number of a biological population or species, or In the human population.

Earth's Population Explosion: A Ticking Time Bomb

•Our planet is bursting at the seams. The human population is skyrocketing at an alarming rate. We're racing towards an unsustainable future. Action is needed now to avert catastrophe.

