

## 1. Details of Module and its structure

Module Detail	
Subject Name	Food, Nutrition for Healthy Living
Course Name	Food, Nutrition for Healthy Living
Module Name/Title	Food Selection for Health and Fitness
Module Id	FNHL_101010
re-requisites	General knowledge about Food Selection for Health and Fitness
Objectives	After going through this lesson, the learners will be able to understand the following : <ol style="list-style-type: none"><li>1. Define macro and micronutrients.</li><li>2. Understand the concept of balanced diet.</li><li>3. Identify the different food groups.</li><li>4. Classify food items into different groups and state the basis of their classification.</li><li>5. Learn to select the right food items from each food group.</li></ol>
Keywords	Concept, Food groups and selection from each food group, Nutrient profiling of packaged Foods, HFSS Food

## 2. Development Team

Role	Name	Affiliation
National MOOC Coordinator (NMC)	Prof. Amarendra P. Behera	CIET, NCERT, New Delhi
Program Coordinator	Dr. Mohd. Mamur Ali	CIET, NCERT, New Delhi
Course Coordinator (CC) / PI	Prof. Poonam Aggarwal Dr. Suniti Sanwal	DGS, NCERT New Delhi DEE, NCERT New Delhi
Course Co-Coordinator / Co-PI	Dr. Yash Paul Sharma	CIET, NCERT, New Delhi
Subject Matter Expert (SME)	Dr. Neena Bhatia Ms. Preeti Kamboj	Lady Irwin College, Delhi University Lady Irwin College, Delhi University
Review Team	Dr. Aruna Mohan (Retd.)	Gargi College, University of Delhi

---

## Table of Content:

1. Concept
2. Nutrients
3. Balanced Diet
4. Dietary guidelines for Indians
5. Food Groups
6. Sugar
7. Classification Of Foods Based On Function
8. Selection of food items from food groups

## Food Groups And Selection From Each Food Group

**1. Concept:** Good nutrition is a basic human need. Proper nutrition is essential for leading a healthy life. It is important to eat a balanced diet from the very early stages of life for proper growth, development and to remain active. Foods from different food groups in required amounts will constitute a balanced diet. A variety of foods which are easily available can be selected to form nutritionally adequate diets. There are four basic food groups in India. These food groups are either formed on the basis of type of foods, main nutrient provided or the function of that nutrient. Knowledge about different food groups, the food items falling within these groups, the nutrients provided by the food items and the functions of nutrients will help you understand the basics of food group selection. A variety of food preparations can be prepared by combining food items from different food groups. Our country has also developed a set of dietary guidelines which promote nutritionally adequate diets and healthy lifestyles from birth to old age.

Our country is facing a lot of changes in terms of economics, population, diseases, lifestyle and dietary intake. Earlier, our country was facing problem of undernutrition, i.e. insufficient amount of food and nutrients being consumed by the people. At present, our country has an additional burden of overnutrition, i.e. excess consumption of energy and/ or certain nutrients along with reduced physical activity. Generally, there is an increased liking for food items which have high amount of calories, fat, salt, and sugar, especially among children. These types of food items are not considered to be healthy. Therefore, it becomes imperative to learn how to select the right type of food items, which will help in achieving a balanced diet and maintain good health.

**Objectives:** After going through this lesson, the learners will be able to understand the following:

- What are macro and micronutrients;

- 
- What is a balanced diet;
  - What is the need for classification of food items into food groups;
  - How to classify food items into different food groups;
  - How to select the right food items from each food group based on the nutrients provided by food items; and
  - How to select food items from different food groups to form a balanced diet.

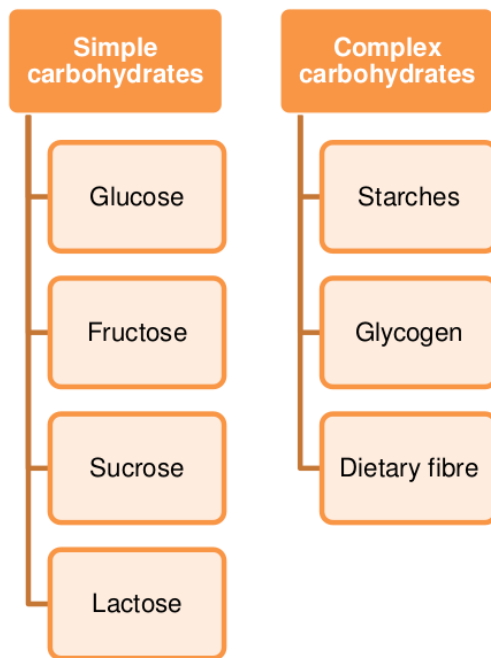
A diet containing foods from several food groups in proper amounts will provide all required nutrients. Before we start reading about food groups, we will gain some understanding about different types of nutrients and a balanced diet.

## 2. Nutrients

Nutrients are needed by the body for performing physiological and biochemical processes and to maintain optimum health. There are two main types of nutrients:

1. **Macronutrients:** Carbohydrates, fats and proteins are called macronutrients. As the name suggests, they are needed in large amounts.
  - Carbohydrates: Carbohydrates are the main source of energy in our diets. They are of two different types: simple and complex (Figure 1). One gram of carbohydrate provides 4 Kcal energy. Simple carbohydrates like glucose and fructose are found in fruits, vegetables and honey, sugar (sucrose) and milk (lactose). Complex carbohydrates (polysaccharides) are starches in cereals, millets, pulses and root vegetables and glycogen in animal foods. The other type of complex carbohydrate is dietary fibre. Dietary fibre delays the absorption of carbohydrates and fats, make us feel full for a longer time, reduce glucose and lipids in blood and increases the bulk of stools. Therefore, diets comprising of complex carbohydrates are considered healthier in comparison to diets consisting of refined and processed foods which have low-fibre content.

Figure 1: Types of carbohydrates



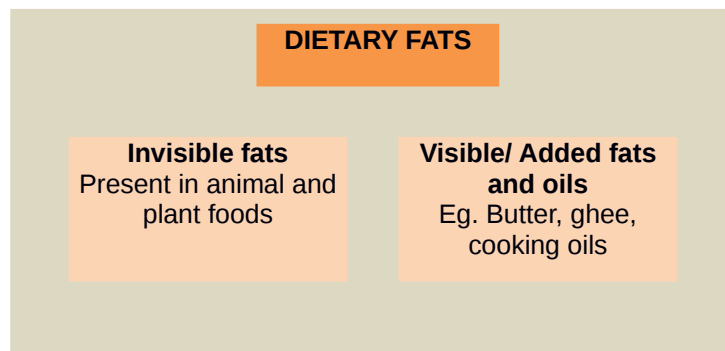
In Indian diets, carbohydrates contribute 70-80% of the total daily intake of calories. These carbohydrates are derived from plant foods like cereals, millets and pulses.

- ***Proteins***: Proteins are primary structural and functional components of every living cell. Proteins perform many functions in the body. One gram of proteins also provides 4 Kcal of energy. They are present in the body in the form of muscle, bone, cartilage, skin, etc. They are complex molecules and are composed of different amino acids. Amino acids can be classified into: “**essential**” and “**non-essential**” amino acids. Essential amino acids are acquired from proteins in the diet as they cannot be synthesized in the body, whereas non-essential amino acids can be synthesized in the body to build proteins. Vulnerable age groups like growing infants and children and pregnant women, and individuals having infection, illness or stress need more proteins in their daily diet. Food sources of proteins include milk, meat, fish, eggs, pulses and legumes. Animal food sources like milk, meat, fish and eggs provide essential amino acids in right proportions and are therefore considered to be of high quality; whereas vegetable proteins have low content of some of the essential amino acids.

It is recommended that a combination of cereals, millets and pulses should be consumed, as this combination will provide better quality proteins.

- ***Fat***: Fats are a concentrated source of energy; one gram of fat provides 9 Kcal. Fatty acids in different amounts compose fats. Dietary fats are obtained from two sources (Figure 2):

Figure 2: **Types of dietary fat**



Fats promote absorption of fat-soluble vitamins like vitamin A, D, E, K and carotenes. Fats are a good source of essential fatty acids known as polyunsaturated fatty acids. Fats consumed should be of good quality and in adequate amounts in the diet. Consumption of polyunsaturated fatty acids in proper proportions will help in meeting the requirement of essential fatty acids like linoleic (n-6) and alpha-linolenic (n-3) acid. Age groups like infants and children should consume adequate fat as their energy needs are more than adults. The type and amount of dietary fat consumed affects the level of lipid (triglycerides, cholesterol and its fractions) in blood. Adults should pay attention to the type of fat consumed. Total fat in the diet should be within prescribed limits as its excess consumption may lead to obesity and diet-related chronic diseases like diabetes, cardiovascular disease and cancer.

Let us recall the energy provided by one gram of each micronutrient (Table 1).

Table 1: **Energy provided by one gram of carbohydrate, protein, fat and alcohol**

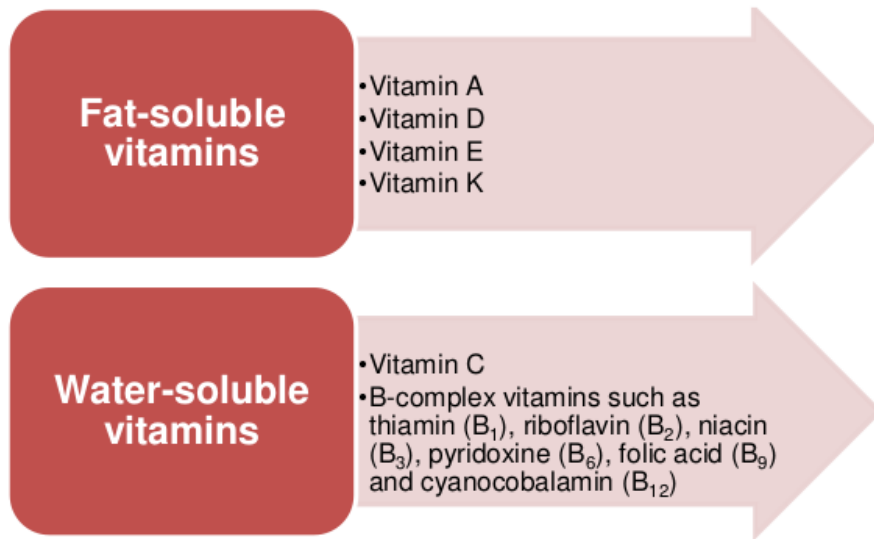
1 g carbohydrate	4 Kcal
1 g protein	4 Kcal
1 g fat	9 Kcal
1 g alcohol	7 Kcal

2. **Micronutrients:** Vitamins and minerals are called micronutrients. They are needed by the body in small amounts.

- **Vitamins:** Vitamins are chemical compounds. They are obtained from diet as they cannot be synthesized in the body. Vitamins serve important functions in many body processes and in maintaining the structure of skin, bone, nerves, eye, brain, blood and mucous membrane.

Vitamins can be classified into (Figure 3):

Figure 3: Types of vitamins



Fat-soluble vitamins like Vitamin A, D, E and K can be stored in the body. Water-soluble vitamins cannot be stored in the body and are excreted in urine. Water-soluble vitamins like vitamin B-complex and vitamin C are heat labile, i.e. they can be destroyed by heat, air or drying, cooking and food processing.

- Minerals: Minerals are inorganic elements. They are found in body fluids and tissues. Examples of important macro and micro minerals are given in Figure 4. Minerals serve the function of maintenance and integrity of skin, hair, nails, blood and soft tissues. Their other functions include regulating nerve cell transmission; acid/ base and fluid balance; enzyme & hormone activity; and blood-clotting processes.

Figure 4: Types of minerals



### 3. Balanced diet

“A balanced diet provides all the nutrients in required amounts and proper proportions”. Balanced diet can be achieved by carefully selecting and combining food items from different food groups (to be discussed in the next sections). The amount of food needed to meet the daily dietary requirements will differ according to age, gender, physiological status and level of physical activity. A balanced diet should have a variety of foods in moderation and proper proportions.

**“A balanced diet should provide around 50-60% of total calories from carbohydrates, preferably from complex carbohydrates, about 10-15% from proteins and 20-30% from both visible and invisible fat”**

In addition, a balanced diet should also provide the following for added health benefits:

- Dietary fibre: Dietary fibre helps in retaining proper bowel function, reducing constipation, and is important in dietary management of coronary heart diseases, diabetes, obesity, cancer, etc. Sources of dietary fibre are whole grain cereals, husked pulses, fruits and vegetables.
- Antioxidants: They provide protection from diseases like atherosclerosis, cancer, inflammatory joint diseases, asthma, diabetes etc. which are caused by free radical reactions. Eg. Vitamin C, vitamin E, beta-carotene, riboflavin and selenium. Sources of antioxidants are different colored fresh vegetables and fruits and spices like turmeric, ginger, garlic, cumin and cloves.
- Phytochemicals: Phytochemicals like polyphenols, flavones, etc. delay ageing and help in prevention of diseases like cataract, cardio-vascular diseases, diabetes and cancer. Sources of phytochemicals are fruits and vegetables.





**We should remember that fruits and vegetables are rich in many nutrients and provide many health benefits. They should be consumed in adequate amounts on a daily basis.**

The concept of balanced diet revolves around balancing the amount of different types of foods eaten every day to achieve a nutritionally adequate diet. Food items have been grouped into different food groups in the Indian dietary guidelines formulated by National Institute of Nutrition (NIN), Indian Council of Medical Research (ICMR). Right foods should be selected from each food group in required amounts to form a balanced diet. It is important to gain knowledge about how to select food items within a particular group to derive maximum health benefits.

**Fill in the blanks:**

1. Proteins are made up of \_\_\_\_\_.
2. One gram of both carbohydrates and proteins provide \_\_\_\_\_ kcal.
3. Dietary fibre, which helps in reducing constipation, is a source of \_\_\_\_\_ carbohydrate.
4. \_\_\_\_\_ is a concentrated source of energy and provides 9 Kcal/ gram.
5. Fat-soluble and water-soluble are two types of \_\_\_\_\_.

**4. Dietary Guidelines For Indians**

As mentioned in the previous section, NIN, ICMR has formulated a set of fifteen dietary guidelines for Indians. The guidelines recommend intake of adequate foods from all food groups for maintaining health. The dietary guidelines stress upon promoting health and preventing diseases in all age groups. The dietary guidelines also focus on vulnerable age groups like infants, children and adolescents, pregnant and lactating women and the elderly. Other factors which hold importance in maintaining health and preventing diseases are physical activity levels, health care, safe water supply and socio-economic status. These factors affect nutritional status and thereby, the health of an individual.

**5. Food groups**

Commonly consumed food items can be classified into ‘**food groups**’ based on the type of food items, the nutrients provided by the food items or the functions of these nutrients.



“Food group is a nutritional classification of foods. It categorizes the foods in different groups depending on their functions, relative types of foods and nutritional contribution.”

*Purpose of classifying food items into food groups:* Classification of food items into food groups will help both the health professionals and the general public to identify and select food items based on food related information; thus, eliminating the need to refer nutrient specific data. For e.g. A housewife having knowledge about the different groups can chose the right type and amount of food items within the family budget and prepare nutritious meals for her family.

*Uses of food groups:* To

- Educate people to select appropriate food items,
- Help nutritionists design a balanced diet,
- Provide variety in taste, texture, color and nutrients in diet,
- Identify inappropriate food items and those food items which are under-emphasized in the diet,
- Help people understand better during nutrition counseling,
- Help a patient understand the dietary modifications needed while his/her therapeutic diet is being planned, and
- Enable a consumer to be well-informed about the nutritional constituents of a packaged food items.

Though there are different classifications of food groups available, there are four accepted food groups in India (Figure 5).



Figure 5: **Types of food groups** (Source: **Dietary guidelines for Indians, ICMR 2011**)

---

Foods have been traditionally grouped as:

1. **Cereals, millets and pulses:** This food group includes cereal grains and their products as well as pulses and legumes.

*Cereals grains and their products:* This group includes all cereals like wheat, rice, ragi, bajra, maize, jowar, barley, etc. and products made with these like wheat flour (atta), rice flakes (chidva), puffed rice (murmura), broken wheat (dalia), semolina (sooji), refined flour (maida), etc. Other products made with these include cornflakes, bread, rusk, biscuits, pasta, etc. Cereals are one of the main sources of energy. They provide some proteins too. However, the quality of proteins in cereals is not as good as in animal source products like milk or meat and meat products. Therefore, it is recommended to consume cereals in combination with pulses/ milk or milk products/ meat or meat products to get quality proteins. This is known as supplementation. For eg. roti with dal, dal-chawal, roti with paneer sabzi, roti with vegetables and curd, rice with chicken/ meat curry or roti with egg curry can be consumed to ensure intake of good quality proteins. Other important nutrients provided by cereals are fibre, B-vitamins, iron and calcium. It is also considered healthier to consume whole grain cereals like unpolished rice instead of polished white rice, whole wheat flour (atta) in place of refined flour (maida) and whole wheat bread instead of white bread made from maida. This is because fibre and B-vitamins are present in the outer layer of the cereals called bran layer. Removal of this layer will remove the important nutrients.



**Pulses and legumes:** This group includes pulses like chana dal (Bengal gram), mung (Green gram), masoor (Lentil), urad (Black gram), arhar (Red gram), rajma, kala chana (Bengal gram whole), Kabuli chana (Chickpea), lobia (Cowpea), soyabean, peas, beans, etc. and products made from these like besan, nutri-nuggets, granules, etc. Pulses are a rich source of protein. Pulses also give us energy. The quality of pulse protein can further be improved by combining it with cereals when consumed. Pulses are also a good source of B-vitamins, fibre, iron and calcium. Whole pulses/ sabut dal/ chilka dal are healthier to consume as its outer layer is intact.



Making sprouts from pulses can improve digestibility and increase the content of nutrients like B-complex vitamins and vitamin C.

2. **Vegetables and fruits:** Vegetables and fruits provide many important vitamins, minerals and fibre. They help in improving our immunity, regulate metabolic reactions in body and protect our body from non-communicable diseases. Dark green leafy vegetables like spinach (palak), mustard leaves (sarson), fenugreek (methi), amaranth (chaulai), etc. are rich in nutrients. Other vegetables like lady's finger (bhindi), pumpkin (kaddu), bitter gourd (karela), etc. are easily available and should be consumed frequently. Yellow and orange fruits and vegetables like apple, papaya, guava, oranges, banana, carrots, etc. are healthy and should be consumed.

Efforts should be made to include a variety of fruits and vegetables in our diet. Try and include fruits and vegetables of different natural colors like cream, yellow, red, orange, green, purple, etc. Each color pigment has a protective effect. **We should consume at least 4-5 fruits and vegetable servings daily.**



The ICMR recommends the following:

Every individual should consume at least 300 grams of vegetables and 100 grams of fresh fruits every day.

Out of 300 gram vegetables, the following should constitute:

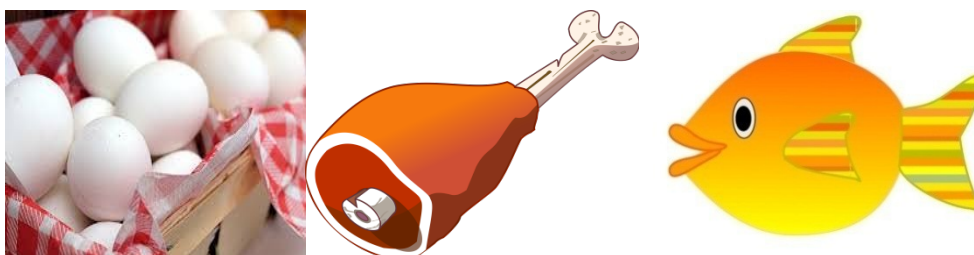
Green leafy vegetables (50 grams)	Other vegetables (200 g)	Roots and tubers (50 grams)
Eg. Spinach, Mustard, Fenugreek, etc.	Eg. Brinjal, Pumpkin, Capsicum, Bottle gourd, etc.	Eg. Radish, Carrot, Beetroot, Sweet potato, etc.

### 3. Milk and milk products, egg, meat and fish:

*Milk and milk products:* This group consists of milk and its products like curd, paneer, khoa, cheese. These provide us with good quality proteins and are important in both childhood and adulthood. These are rich source of calcium which is important in maintaining bone health. Adequate protein will help in proper growth during childhood and normal functioning of the body, repair of worn-out body parts and tissues in adulthood. Curd and paneer made from full-cream milk are rich in saturated fat and cholesterol. Making curd and paneer from low-fat milk like toned, double-toned milk is a healthier option, especially for adults.



*Egg, meat and fish:* Egg, meat, fish, chicken, shrimp, oyster, prawn and other sea food etc. are a part of this group. These are rich sources of protein and contain iron in readily absorbable form. Red meat i.e. mutton is also rich in saturated fat and cholesterol.



### 4. Oils & fats and nuts & oilseeds: Fats provide energy. This group consists of fats like oil, butter, ghee (visible fats), nuts like groundnut, almond, cashew nut, walnut, etc. and oilseeds

---

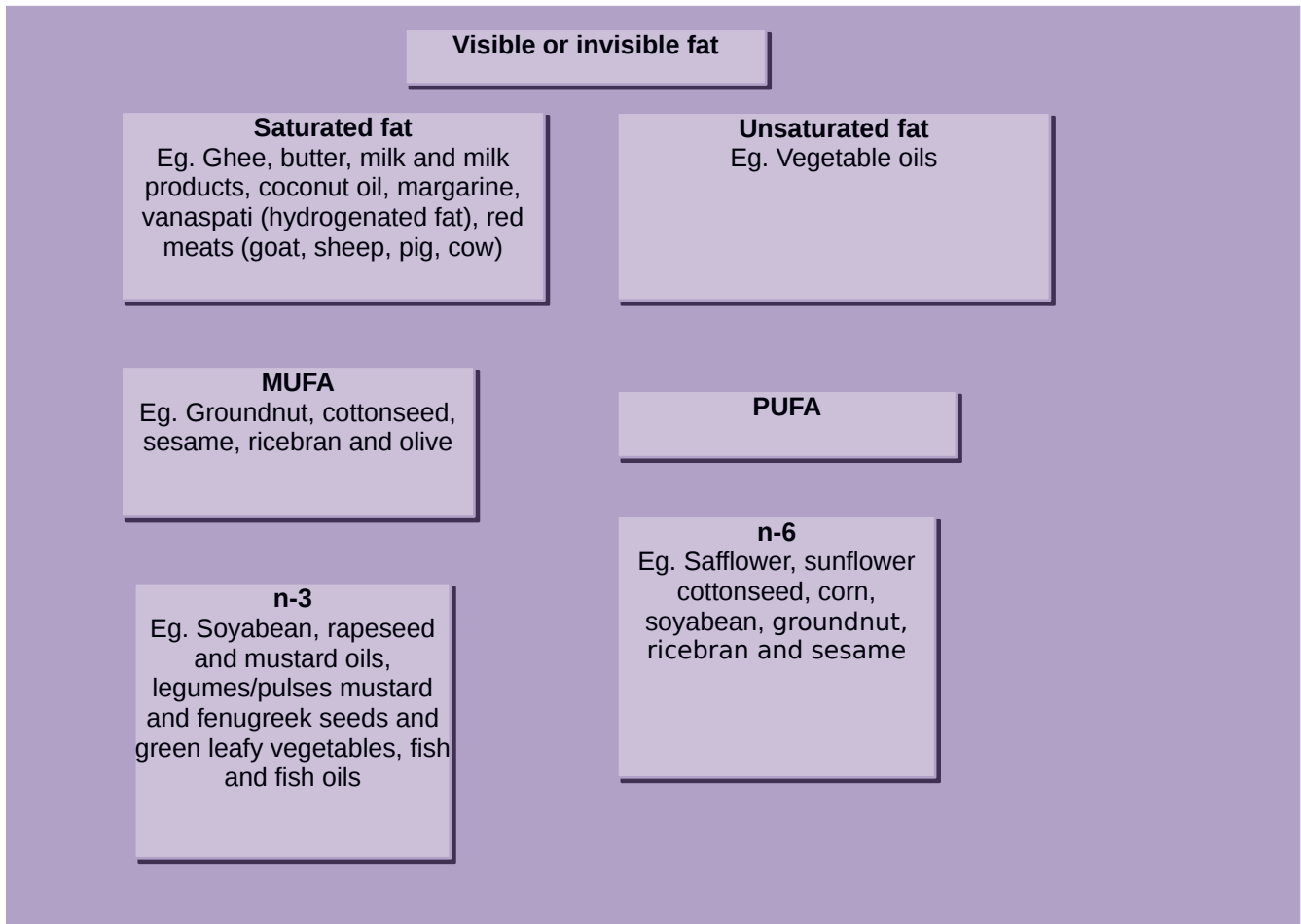
like sesame (til) and mustard (invisible fat). Nuts are energy-dense but also provide proteins, vitamins and minerals. Consuming fat in large quantities may lead to overweight and obesity. The different types of visible or invisible fat are shown in Figure 6.



Saturated fats are solid at room temperature. Saturated fat is found naturally in red meats, full cream milk, butter and cream. Cholesterol is also present in these food items. Cholesterol is only present in animal source foods. Egg yolk, organ meat like liver, kidney, brain, shrimp and prawn are also rich in cholesterol. Increased consumption of saturated fat and cholesterol is considered unhealthy and therefore, these food items should be consumed in moderation or occasionally. Foods rich in trans fat eg. vanaspati, margarine are best avoided as these increase the bad cholesterol and decrease the good cholesterol. Trans fat is also found naturally in some amounts in meat and full-cream milk.

Unsaturated fat eg. vegetable oils are liquid at room temperature. Unsaturated fats are of two types: Mono-unsaturated fatty acids (MUFA) or poly-unsaturated fatty acids (PUFA). These fatty acids are considered healthy as they have protective effects. PUFA are of two types: linoleic (n-6) and alpha-linolenic (n-3) acids. It is recommended to use oils on rotation for cooking to gain benefits from different fatty acids. Using oils on rotation basis means that rather than using one type of oil for a long time, we should start using another type of oil after the first one finishes.

Figure 6: Types of visible or invisible fats



**6. Sugars:** Sugars include sugar, jaggery, honey and products made from these like sweets, confectionary items, jams and preserves and sugar-sweetened beverages. Eating excess sugar or food items rich in sugar has been linked with obesity and dental caries.

Thus, in order to consume a balanced diet, we need to include foods from different food groups in our daily diet. Consume at least 4-5 meals in a day. Eat at least 4-5 servings of fruits and vegetables every day.

**Foods high in fat, salt and sugar (HFSS foods):** Nowadays, increased consumption of HFSS foods is a cause of concern. HFSS foods are increasingly available in our locality, they are cheap, tasty and advertised at a large scale (some celebrities also endorse these types of foods). Studies have shown that increased consumption of HFSS foods in large amounts can deteriorate our health in the long run. Increased energy, fat, salt and sugar content of these foods can lead to conditions like overweight and obesity. Overweight/ obesity may further make an individual prone to high blood sugar, high blood pressure, etc. Thus, we should minimize the intake of such foods. We should also become aware and read the nutrition information on the packaged foods that we buy, for

eg. biscuits, chips, chocolates, colas, etc. to check if they have energy, sodium, sugar, trans fat or cholesterol in large amounts.



### 7. Classification Of Foods Based On Function

Table 2: Classification of foods based on their functions

Major Nutrients	Food groups	Other Nutrients
<b>ENERGY RICH FOODS</b> <b>(Carbohydrates and Fats)</b> These foods provide energy to perform our daily activities	Whole grain cereals, millets	Protein, fibre, minerals, calcium, iron & B-complex vitamins
	Vegetable oils, ghee, butter	Fat soluble vitamins, essential fatty acids
	Nuts and oilseeds Sugars	Proteins, vitamins, minerals Nil
<b>BODY BUILDING FOODS</b> <b>(Proteins)</b> These foods build our bones and muscles and help us grow	Pulses, nuts and oilseeds	B-complex vitamins, invisible fat, fibre
	Milk and Milk products	Calcium, vitamin A, riboflavin, vitamin B12
	Meat, fish, poultry	B-complex vitamins, iron, iodine, fat
	Green leafy vegetables	Antioxidants, fibre and other

## PROTECTIVE FOODS

### (Vitamins and Minerals)

These foods improve our immunity and help in fighting against infections

Other vegetables and fruits

Eggs, milk and milk products and flesh foods

carotenoids

Fibre, sugar and antioxidants

Protein and fat

(Source: Adopted from **Dietary guidelines for Indians, ICMR 2011**)

## 8. Selection Of Food Items From Food Group

Cereals, millets, pulses and milk are major sources of most nutrients and these should be consumed **adequately**. Milk provides good quality proteins and calcium and must be an essential item of the diet, particularly for children. Vegetables and fruits provide protective substances such as vitamins/minerals/ phytonutrients and should be consumed **liberally**. Oils and nuts are calorie-dense, and are useful for increasing the energy density and quality of food. Meat and meat products provide good quality protein and iron.

Oils and meat and meat products should be consumed **moderately**. However, if the person is a vegetarian, he/ she can get most of the nutrients from a right combination of cereals, pulses, vegetables, fruits and milk. Lastly, as described in the last section, food items like burger, french fries, ice-cream, colas, chocolates, i.e. HFSS foods should be consumed **sparingly**.



Figure 7: **Food Pyramid (Source: Dietary guidelines for Indians, ICMR 2011)**

The main meals should ideally include food items from cereal groups (roti/ rice/ etc.), seasonal vegetables (vegetables/ green leafy vegetables), pulses/ meat or meat products and some dairy items (curd, paneer, etc.). An example has been shown in Figure 8. This picture shows roti made from wheat flour, seasonal vegetable, salad, pulse and curd. It can be noted that food items from most of the food groups have been included here. There may be different combinations, i.e. pulse can be replaced with egg/ chicken/ meat/ paneer. You may include rice in place of roti. Green leafy



vegetables should also be included (when in season). **Choosing food items wisely from different food groups will help us in consuming a balanced diet.**

**Figure 8: An example of a meal consumed at lunch or dinner time**



India is a diverse nation even in terms of the food items consumed (Figure 9).

Different regions and cultures have their own food preparations and recipes. A variety of foods which are easily available can be selected and made into various food preparations using different culinary practices. Different cereals or millets are used as staple food. There is a variety of cereal/millet/pulse combinations in different regions of India. The cooking oils and fat used are also of several kinds. There are different varieties of fruits and vegetables, which may be seasonal or available throughout the year (including indigenous foods).

Many types of animal foods are also consumed.



**Figure 9: Traditional food preparations from different regions of India**

### **Make Food Nutritious And Healthier:**

- Cooked dal can be kneaded in flour to make chapati, parantha or puri.
- Vegetables can be added to dal to make it more nutritious.
- Green leafy vegetables (washed and then chopped) can be kneaded into flour to make chapati, parantha or puri.

- 
- Instead of burger, pizza, chips, french fries, etc., choose options like fruit chaat, sweet-potato/ shakarkandi chaat, or corn for snacks. Add lemon juice to make it more flavorful.
  - Dal-cheela can be prepared and a slice of paneer or some sautéed vegetables like carrot, peas can be added to make it tastier.
  - Instead of eating aloo-tikki from street vendors/ fast food outlets, try making them at home in a healthy way. Add vegetables like carrot, beans, sweet corn and lemon juice to the tikki. The accompaniment (chutney) can be made using fruits. Take pineapple and papaya in equal proportions, blend them and add some spices. Another type of chutney can be prepared using mint, coriander, lemon juice and green chilies. Amla can also be added in place of lemon juice.
  - You can also make bread-pizza at home. Use whole wheat bread, tomatoes and vegetables of your choice along with some cheese (in small amounts). Top it with some Italian seasoning.
  - Opt for home-made smoothies/ shakes in place of sugar-sweetened beverages like colas and sodas. Choose any seasonal fruit like mango, papaya and blend with some milk or curd. Don't add sugar and enjoy the natural flavor and sweetness of the fruits.
  - Include lots of salad in your diet. Make it a habit to consume salad before lunch or dinner. Salad can also be consumed as snack. Use seasonally available vegetables like beetroot in addition to easily available cucumber, tomatoes and onion. Add lemon juice to make it tastier.
  - Sprouted moong dal or channa can also be enjoyed as snacks. Sprouts chaat can be prepared and fruits like finely chopped apple or vegetables like cucumber or tomatoes can be added along with lemon juice to make it more colorful and tasty.
  - Idlis can be made healthier by adding vegetables. Finely chopped or sliced vegetables like carrots, beans, etc. add crunch, taste and color to the idli. You may also add sprouts to idlis.
  - Idlis can also be made with other grains. For eg. ragi idli.
  - Add a twist to masala dosa by replacing aloo masala with vegetable masala of your choice.

**Trying these recipes at home under supervision of your parents has a lot of advantages:**

- These promote healthy eating by you and your family.
- You can try these recipes with various ingredients and select the one which suits your taste buds.
- You will be able to spend quality time with your parents.
- You will spend less time sitting and lesser time watching television, mobiles, etc.

**Activity:** Plan a birthday party with healthy snacks and drinks.

Khushi is planning to celebrate her birthday with her school friends. She is inspired by a chapter on healthy eating that she was recently taught in her school. She wishes to serve healthy snacks and drinks to her friends on her birthday party. Suggest five healthy snacks (eg. cutlets/ pasta/ chaat/ rolls, etc.) and three drinks (eg. smoothies/ shakes/ curd based dish etc.) along with their main ingredients and the food group to which the main ingredients belong in the space given below. One example of each has been provided.

S. No.	Name of snack	Ingredients (Food group)
1.	Paneer roll	<ul style="list-style-type: none"><li>• Roti made of whole wheat flour (Cereal)</li><li>• Paneer (Milk and milk products)</li><li>• Capsicum (Vegetables)</li><li>• Tomato (Vegetables)</li><li>• Oil (Fats and oils)</li><li>• Mint and Coriander chutney (Green leafy vegetables)</li></ul>
2.	Fruit chaat	<ul style="list-style-type: none"><li>• Apple (Fruits)</li><li>• Banana (Fruits)</li><li>• Boiled sweet potato (Roots and tubers)</li><li>• Pomegranate (Fruit)</li><li>• Lemon (Fruit)</li></ul>

	Name of drink	Ingredients
1.	Healthy green smoothie	<ul style="list-style-type: none"><li>• Spinach (Green leafy vegetables)</li><li>• Cucumber (Vegetables)</li><li>• Green apple (Fruits)</li><li>• Guava (Fruits)</li></ul>

#### IMPORTANT POINTS TO REMEMBER

- Eat at least 4-5 meals in a day.
- Include food items from all food groups in correct proportions to consume a balanced diet.
- Consume seasonally available fruits and vegetables. These are fresh, easily available, cheap and nutritious.
- Include 4-5 servings of fruits and vegetables in your daily diet.
- Try to consume whole grain cereals and pulses. Eg. unpolished rice, whole wheat flour/atta, whole wheat bread and whole pulses in most of your meals.
- Combine cereals with pulses to ensure intake of good quality proteins. For eg. roti with dal,

---

dal-chawal, roti with paneer sabzi or roti with vegetables and curd.

- Minimize consumption of foods high in salt, fat and sugar.
- Drink plenty of water (at least 2 liters) and avoid consumption of sugar-sweetened beverages. Children should drink at least 500 ml of milk every day.
- Exercise regularly, stay physically active and reduce your screen time. You must make efforts to play games at school home, take stairs and walk wherever you can. Reduce your time spent in front of television, laptop, and mobile phones.