



Dr. Blosa Science

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Balanced diet

For purposes of general paper discussion is to guide students on answering following likely questions

- 1) Why is it necessary to eat a balanced diet?

Remainder

- (i) General paper questions call for general knowledge and ability to use the English language to support general arguments rather than giving factual answers.
- (ii) Each point should be stated in full statement, described/all explained and illustrated with an example where necessary to earn full marks (3marks)
- (iii) Points should be rewritten in full paragraphs rather lists/bulleting. Even if the paragraph is one line.
- (iv) Essays should be introduced by explaining the key terms.
- (v) The essays are expected to be between 500 and 800 words

Definitions of Key words

A **balanced diet** provides the essential nutrients your body needs to function properly. It includes:

1. **Proteins:** Meat, fish, eggs, beans, and nuts to build and repair tissues.
2. **Carbohydrates:** Whole grains, fruits, and vegetables for energy.
3. **Fats:** Healthy fats from avocados, nuts, and olive oil for energy and cell function.
4. **Vitamins and Minerals:** Fruits, vegetables, and dairy products to support overall health.
5. **Fiber:** Whole grains, fruits, and vegetables for digestive health.
6. **Water:** Essential for hydration and bodily functions.

A balanced diet involves variety and moderation, ensuring you get a mix of these nutrients.

Why we eat a balanced diet?

Eating a balanced diet is essential for several reasons:

1. **Nutritional Needs:** It provides all the essential nutrients your body needs to function properly, from energy to vitamins and minerals.
2. **Disease Prevention:** A balanced diet can help prevent chronic diseases such as obesity, diabetes, heart disease, and certain cancers.
3. **Energy Levels:** It ensures you have sustained energy throughout the day by providing a mix of proteins, fats, and carbohydrates.
4. **Mental Health:** Proper nutrition supports brain function and mental well-being, reducing the risk of depression and anxiety.
5. **Healthy Growth:** For children and adolescents, a balanced diet is crucial for proper growth and development.
6. **Immune System Support:** It strengthens your immune system, helping your body fight off infections and illnesses.
7. **Overall Well-being:** A balanced diet promotes overall health, maintaining a healthy weight, strong bones, and clear skin.

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