



WEEKLY HOME STUDY PACKAGE - WEEK 5 02/08/21 – 06/08/21

Subject	PHYSICAL EDUCATION	Year/Level	10
Strand	FITNESS, SAFETY AND PERSONAL DEVELOPMENT		
Sub-strand	NUTRITION		
Content Learning Outcome	❖ Identify and list the importance of good human nutrition. ❖ Recognize the meaning and function of healthy diet.		

LESSON NOTES/ACTIVITY:

Nutrition

Human nutrition refers to the provision of essential nutrients necessary to support human life and health. Poor nutrition is a prolonged problem often linked to poverty, poor sanitation and food security. Lack of proper nutrition contributes to worse class performance, lower test scores, and eventually less successful students and a less productive and competitive economy. Malnutrition and its consequences are immense contributors to deaths and disabilities worldwide. Promoting good nutrition helps children grow, promotes human development and advances economic growth and eradication of poverty.

What is Healthy Diet?

A healthy diet is one that helps maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, adequate essential amino acids from protein, essential fatty acids, vitamins, minerals, and adequate calories. The requirements for a healthy diet can be met from a variety of plant and animal-based foods. A healthy diet supports energy needs and provides for human nutrition without exposure to toxicity or excessive weight gain from consuming excessive amounts. Where lack of calories is not an issue, a properly balanced diet (in addition to exercise) is also thought to be important for lowering health risks, such as obesity, heart disease, type 2 diabetes, hypertension and cancer.

Activity

1. Define nutrition?
_____ (2)
2. State two importance of good nutrition.
a. _____ b. _____ (2)
3. Why healthy diet is important? State two reasons.

_____ (2)
4. List the effects of improper balanced diet.
a. _____ c. _____
b. _____ d. _____ (4)