

## **B1.1 Keeping Healthy**

### **B1.1.1 Diet and Exercise**

#### **Summary**

A combination of a balanced diet and regular exercise is needed to help keep the body healthy.

#### **Healthy Diet**

- A healthy diet contains the right balance of the different foods you need and the right amount of energy.
- These foods should provide the following nutrient groups:
  - Carbohydrates for energy and to make cell structures
  - Fat for energy and insulation and cell structures
  - Protein to control cell reactions (as enzymes) and to build cell structures
  - Vitamins and minerals to help our bodies function well.

#### **Malnourishment**

- A person is malnourished if their diet is not balanced.
- This may lead to a person being overweight or underweight.
- An unbalanced diet may also lead to diseases.
- Lack of essential nutrients in the diet can lead to deficiency diseases.
- Excess intake of high energy foods can lead to type 2 diabetes.
  - This is a disease where the person is unable to control the levels of sugar in their blood.
  - This is very dangerous, and the person must carefully control their diet and monitor their blood sugar levels regularly.

#### **Slimming programmes**

- A person gains mass when the energy content of the food taken in is more than the amount of energy expended by the body.
- A person loses mass when the energy content of the food taken in is less than the amount of energy expended by the body.
- An effective slimming programme advises people to reduce the energy content of their food, and to increase the amount they exercise.
- Some slimming programmes encourage people to consume a low proportion of one of the nutrient groups in their diet. This may enable them to lose weight, but it will not necessarily be a sensible, healthy diet.

#### **Exercise**

- Exercise increases the amount of energy expended by the body.
- People who exercise regularly are usually healthier than people who take little exercise.
- They expend more energy and their circulatory system becomes more efficient.
- They are likely to have lower blood pressure, and less likely to be overweight.

#### **Metabolic rate**

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**Aristotle**



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**Reading Wonders 6 Teacher's Manual** 1st Ed. 2006 , **Successful Spoken English** Christian Jones, Shelley Byrne, Nicola Halenko, 2017-08-07 Successful Spoken English demonstrates how spoken learner corpora can be used to define and explore the constituents of successful spoken English Taking the approach that language learners can speak effectively whilst still using some non standard forms this book Examines databases of transcribed speech from learners at each different CEFR level to analyse what makes a successful speaker of English Discusses features of communicative competence including the use of linguistic strategies organisation of extended stretches of speech and sensitivity to context Demonstrates quantitative and qualitative data analysis using corpus tools looking at areas such as word frequency Helps to reassess the goals of language learners and teachers and provides recommendations for teaching practice and for further research Successful Spoken English is key reading for postgraduate students of TESOL and Applied Linguistics as well as for pre and in service English language teachers *New Progress to First Certificate Self-study Student's Book* Leo Jones, 1997-04-03 This new colour edition has been updated to conform to the revised FCE specifications **2024-25 IAS All States PSC General Studies General Science & Science Technology Solved Papers** YCT Expert Team , 2024 25 IAS All States PSC General Studies General Science Science Technology Solved Papers 416 795 E This book contains 380 solved papers and 4816 objective questions **Safe and Healthy Living** James Mace Andress, 1949 **Safe and Healthy Living: The healthy home and healthy living** James Mace Andress, Isidore Harry Goldberger, Marguerite Pierce Dolch, Grace Taber Hallock, 1945 *The Horse Source, 2000-2001* Horse, Horse Editors, 2000-09 This international directory of products and services for the equine industry is a must for enthusiasts involved in any breed or discipline With more than 4 000 listings in over 100 distinct categories this resource will find a place in every barn tack room horse lover s bookshelf and vet clinic The easy to use format features a brand index and a separate phone directory for more than 150 businesses as well as an alphabetical index with addresses phone and fax numbers e mail addresses and Web sites for all the entries Good Housekeeping , 1916 *Health: Teacher resource book* Linda Brower Meeks, 1987 *Sunset* , 1939 **English Mechanic and Mirror of Science** , 1873 English Mechanic and World of Science , 1884 Employment Safety and Health Guide , 1996 Includes original text of the Occupational safety and health act of 1970 **The Saturday Evening Post** , 1916 *Life* , 1961 **Aristotle, On the Art of Poetry** Aristotle, 1909 Aristotelous Peri Poiêtikēs Aristotle, 1909 *The American Educational Catalogue* , 1919 **Physicians' Desk Reference for Nonprescription Drugs** , 2000 **The Health of the Aged** R. J. van Zonneveld, 1961

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