

## UNIT 4

### WE ARE WHAT WE EAT

#### Famous Sayings :

1. You are what you eat

The proverbial saying '**You are what you eat**' is the notion that to be fit and healthy you need to eat good food.

2. There's an old saying: "**Breakfast like a king; lunch like a prince; dinner like a beggar.**" Make the first meal of your day your biggest, and only eat three meals a day. Ideally, breakfast or the first meal of the day consists of protein, complex carbohydrates (beans or veggies) and plant-based fats (nuts, seeds, oils) and a majority of the day's calories are consumed before noon.

A recent research indicates that we can lose more weight if we consume more calories in the morning and less in the evening. Thus, if you "breakfast like a king, lunch like a prince and dine like a beggar", you can be healthier and thinner.

3. **One man's meat is another man's poison:** What is good for one person may be bad for another; what is pleasant to one person may be unpleasant to another.

4. **Don't dig your grave with your own knife and fork:** Do not overeat or pollute your body with unhealthy food and thus hasten your own death.

5. **Let food be your medicine and medicine be your food:**

"Let food be thy medicine and medicine be thy food" hearkens back to Hippocrates, the father of medicine. This quote, though thousands of years old, acknowledges the importance of healthy eating and how the nutrients in various foods have healing properties.

#### Food Vocabulary

**Vegans:** a person who does not eat any food derived from animals and who typically does not use other animal products.

**Vegetarians:** a person who does not eat meat or fish, and sometimes other animal products, especially for moral, religious, or health reasons.

**Fruitarianism:** a person who eats only fruit.

**Raw foodists:** eats only or mostly food that is uncooked and unprocessed.

**Food combiners:** avoid eating a mixture of protein food and carbohydrate foods at the same meal.

**Calorie Restriction Practitioners:** believe that by having few, highly nutritious calories of food they will live longer.

## **RECIPE**

### **1.CHEESE OMELETTE**

#### **Ingredients**

1. Eggs -2
2. Onion -4
3. Green chilly - 2
4. Carrot - 1(small)
5. Pepper Powder - ½ teaspoon
6. Cheese (grated) -1/2 cup
7. Salt - As per taste
8. Oil - 2 tbsp

#### **Method of Preparation**

- First chop/grate the vegetables.
- Beat the eggs until frothy.
- Take a pan and add some oil. Keep the stove in a medium flame.
- Put the grated vegetables and add some salt.
- Sauté the vegetables and add the beaten egg and then the pepper powder. When it is cooked on both sides, spread the cheese. Serve hot.

### **2.BANANA FRY (Evening Snack/Tea-time Snack)**

#### **Ingredients**

1. 2 Banana (Ripe)
2. 1 cup All Purpose Flour (Maida)
3. 1/4 cup Rice flour
4. 1/4 teaspoon Baking soda
5. 1/4 teaspoon Salt
6. 1/4 teaspoon Turmeric powder
7. 2 Cardamom Powder
8. 3 tablespoons Sugar
9. Oil , for deep frying

#### **Method of Preparation**

- In a mixing bowl, combine the rice flour, maida, baking soda, salt, turmeric powder, cardamom powder and sugar. Stir well.
- Add little water at a time and make a thick batter.
- Next, cut the banana into thin long stripes and keep aside.
- Heat the oil in a kadai for deep frying.
- Once the oil is hot, dip the banana slices in the batter until well coated and carefully slide it into the hot oil.
- Deep fry the Pazham Pori till it is golden brown and crisp on both sides.
- Drain the Pazham Pori from the oil and place it on a kitchen paper napkin to drain excess oil and serve hot.

### **Recipe of Health Drinks:**

#### **Sambharam**

##### **Ingredients**

1. 500 g Thick curd
2. 3 cups Water
3. 1 teaspoon Salt
4. 1 Green chilli (Chopped)
5. 15-20 Curry leaves (Chopped)
6. 1 inch Ginger (Thinly julienned)



##### **Method of Preparation:**

- Whisk curd till it is smooth and creamy.
- Add water and mix well.
- Add salt, green chilli, curry leaves and ginger in the curd mixture.
- Refrigerate for at least 1 hour before serving for the flavours to get infused.

#### **Lemonade**

##### **Ingredients**

1. Lemons
2. Water
3. Sugar or Honey (optional)

##### **Method of Preparation**

- Roll the lemons on the worktop or hard surface in a circular motion so they are easy to juice.

- Cut and juice the lemons.
- Add the freshly squeezed juice in a cup and then add in 2 litres of cold water and stir.

### **Interview Questions on diet/food choices**

1. What is your most favourite dish?
2. Do you eat a lot of oily snacks?
3. Do you eat a lot of fruits?
4. Do you eat a lot of vegetables?
5. What kind of diet would you help someone develop if they are trying to lose weight?
6. How would you address the nutritional needs of a client with Type 1 diabetes?
7. How would you advise a client to incorporate nutritional supplements into their diet?
8. Which aspects of nutrition would you address for someone trying to gain weight?
9. How would you develop a meal plan for elderly clients?
10. What is BMI and how can this affect someone's calorie intake?
11. Explain the difference between saturated, unsaturated and monounsaturated fats.
12. Would you consider collaborating with a fitness trainer to help a client achieve optimum health?
13. What are antioxidants and in which foods can you find them?
14. What kind of diet would you prescribe to someone with an autoimmune deficiency?

### **Importance of Exercise**

Physical exercise is important as it:

1. reduces your risk of a heart attack
2. manage your weight better
3. helps to lower blood cholesterol level
4. helps to lower the risk of type 2 diabetes and some cancers
5. helps to lower blood pressure
6. helps to have stronger bones, muscles and joints and lower the risk of developing osteoporosis
7. lower your risk of falls
8. recover better from periods of hospitalisation or bed rest

9. helps to feel better – with more energy, a better mood, feel more relaxed and sleep better.
10. helps people with depression
11. may block negative thoughts or distract you from daily worries.
12. provides an opportunity for increased social contact.

### **Importance of Yoga**

1. Improves posture
2. Increases flexibility
3. Builds muscle strength
4. Boosts metabolism.
5. Helps in lowering blood sugar.
6. Increases blood flow
7. Keep diseases at bay.
8. Increases self-esteem
9. Improves lung function
10. Helps you sleep better

### **Harmful effects of junk food/ fast food**

1. Obesity
2. Learning and memory problems
3. Loss of appetite and digestion
4. Mental impact leading to depression
5. Inadequate growth and development

### **Bad effects of smoking**

1. Causes Cancer.
2. Causes breathing problems and chronic respiratory conditions.
3. Heart disease, stroke and blood circulation problems
4. Diabetes.
5. Infections.
6. Dental problems
7. Hearing loss
8. Vision loss
9. Fertility problems

### **Food Poisoning – Causes and Prevention**

Food poisoning is a very common illness. For most people it is usually mild, but food poisoning can be severe and even deadly for some individuals.

Most cases of food poisoning occur when people eat food or drink water containing bacteria or viruses. Food poisoning can also occur when non-infectious poisons or heavy metals (such as lead or mercury) find their way into people's stomachs.

**You can't always prevent food poisoning, but there are some things that you can do to minimize your risk. The following are some tips:**

1. Wash your hands thoroughly with soap and warm water for at least 20 seconds before and after handling food, after using the bathroom, changing diapers, or touching animals.
2. If you have a skin infection, don't prepare food for others while spots or sores are visible.
3. Try to keep different foods and food types separate during preparation and storage.
4. Use a separate cutting board and knife for raw foods and cooked foods.
5. When reheating food, cook it thoroughly enough. This won't remove all poisons or kill all bacteria, but it helps against some common kinds.
6. Be aware that some foods are more prone to causing food poisoning than others, which means you have to handle them more carefully. Green vegetables and carrots, for example, are less likely to be toxic than fish, meat, poultry, eggs, and dairy.
7. Pay special attention to thoroughly cook meat and poultry, ensuring that recommended internal temperatures are reached.
8. If you're keeping leftovers, refrigerate them as soon as possible. Do not let them sit out for longer than one hour or cool to room temperature.
9. Do not thaw foods at room temperature - put in the refrigerator for thawing.
10. Throw out foods that could be contaminated. 2 days is usually the maximum that prepared foods should be stored in the refrigerator. Otherwise, it should be frozen.
11. Keep cold foods cold and hot foods hot.
12. Don't let kids lick the spoon if raw eggs are an ingredient.

### **Genetically Modified Crops**

Advantages of GM Crops include:

1. More nutritious food
2. Tastier food

3. Disease- and drought-resistant plants that require fewer environmental resources (such as water and fertilizer)
4. Less use of pesticides
5. Increased supply of food with reduced cost and longer shelf life
6. Faster growing plants and animals
7. Food with more desirable traits, such as potatoes that produce less of a cancer-causing substance when fried
8. Medicinal foods that could be used as vaccines or other medicines
9. It improves production and raise farmer's income.
10. It reduces the use of pesticide and insecticide during farming that might be great moves for the betterment of the food supply.
11. It can feed a rapidly increasing population because it shows dramatically increased yields.
12. It can produce more in small area of land.

#### Disadvantages

1. GM crops disrupt the natural process of gene flow because the “better” traits produced from engineering genes can result in the favouring of one organism.
2. Cost of cultivation is increased
3. It endangers farmers and trade along with the environment.
4. It is more inclined towards marketization of farming that works on immoral profits.
5. Genetically Modified crops being altered biologically may pose a human health risk.
6. The excessive production of GM foods will be rendered ineffective over time because the pests that these toxins used to deter eventually might develop resistance towards them.