



"Health is Wealth"

No one can deny the fact that healthy man live happily. Money or wealth cannot give a person all the happiness of life as health can. A person may have wealth, cars, servants at his service and a big house to life in cannot enjoy all these blessings without a good health. Where as a person with small income, with no servant for work and small house to live in but a healthy body enjoy a fuller life in the world.

For good health and for looking younger and living longer one must follow few good principles of life. To remain healthy we should eat balance diet. Take little exercise everyday. Let not worries crowd our mind and shake our nervous system. We should not allow ill thoughts bring agony to our mind. We should live in clear and neat surrounding. We must become early risers and never go to bed very late. Good health is a precious thing and every step must be taken to guard it. Early to bed early to rise makes all men healthy, wealthy and wise

<http://all-notes.blogspot.com.es/2011/07/class-ix-english-composition-health-is.html>

Read “A balanced Diet” and answer questions (skimming and scanning activity).

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| | <h3>A BALANCED DIET</h3> | |
| <p>Food is necessary for energy, growth and maintaining our cells and organs. It helps us to resist infection and protects us from disease. Too much of the wrong food and not enough of the right food can be bad for your health, so it is very important to have a balanced and varied diet.</p> <p>Protein repairs and maintains your body's cells and builds muscles and organs. Meat, fish, nuts, beans and legumes are all good sources of protein.</p> <p>Carbohydrates provide you with energy. Cereals, grains, pasta, fruit and some vegetables have a lot of carbohydrates.</p> <p>Fat and cholesterol. Your body needs a small quantity of fat but not too much. Healthy, unsaturated fats and oils are rich in Vitamin E, but too much saturated fat raises your cholesterol level and is very bad for you. Saturated fats include butter, cheese, milk and meat fat. Don't eat too much fatty meat like sausages and bacon, and drink skimmed or semi-skimmed milk. You shouldn't eat too much fried food - grilled, boiled or baked food contains less fat. Yoghurt or fresh cheese is better than hard cheese,</p> | | <p>and don't eat too many eggs. They contain protein and vitamins but have a lot of cholesterol. Chocolates and sweets don't contain much fibre or protein and have a lot of sugar and saturated fat.</p> <p>Fibre helps your digestive system work properly. It is found in beans, nuts, pasta, bread, fruit and vegetables. Brown bread, rice and pasta contain much more fibre than white.</p> <p>Water. You need to drink at least one litre of water every day.</p> <p>Vitamins are essential for growth and are especially important in young people's diets. Different foods contain different amounts of vitamins, so eating a variety of foods is the best way to get all these nutrients. Fruit, vegetables, cheese, eggs, brown rice, butter, bread and meat are all rich in vitamins. Salad and fresh vegetables have lots of vitamins and fibre and you can never eat too much fresh fruit.</p> <p>Minerals. The most important minerals for growth are calcium and iron. Calcium is found in milk, cheese, yoghurt, green vegetables and tinned fish. Eggs, nuts, beans and raisins are good sources of iron.</p> |