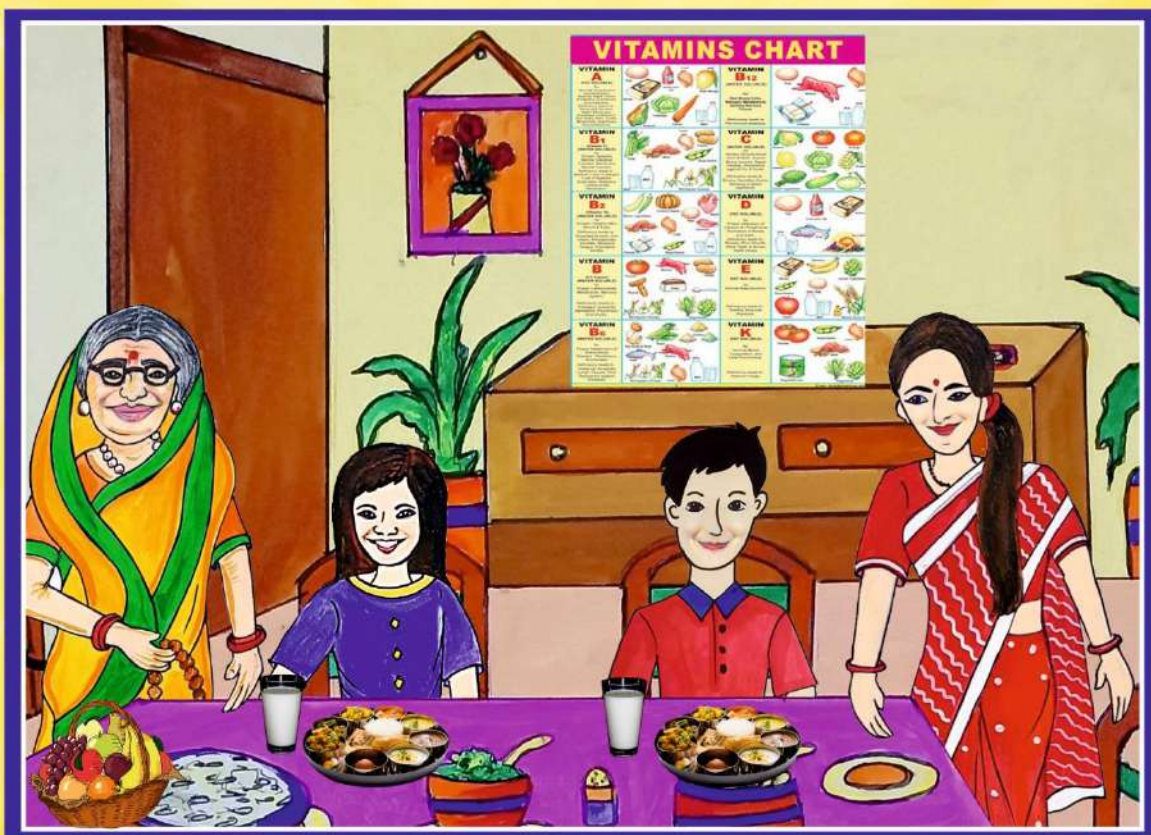


# *Beauty and Wellness*

## **INTRODUCTION TO BASIC NUTRITION**



**Class -VI**

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# PREFACE

It has been rightly said that “Wellness is the complete integration of body, mind, and spirit. The realization that everything we do, think, feel and believe has an effect on our state of well-being.” Food plays a very integral role in maintaining this wellness. Nutrients in food like proteins, carbohydrates, fats, vitamins, minerals and water provide nourishment. If the right balance of nutrients is not maintained in the diet, people stand a risk of developing certain health conditions. Smart nutrition and food choices are the only remedy for complete recovery. The effective management of food intake and nutrition are both key to good health. Understanding good nutrition and paying attention to what one eats can result in maintaining good health and good living.

In the following story, the author brings out the importance of food and its nutritional value. This graphic novel is a guidance for young students to avoid junk & fast food, focus on healthy food intake to replenish the energy lost during work. Sprouted food with any combination of par-boiled or fermented food have a lot of nutritional value. To conserve nutrients, vegetables must be washed, before cooking, cutting and peeling them thinly. It is advised to avoid going to school on an empty stomach and give importance to consuming a balanced diet. Teenagers with constant academic pressure and hormonal changes need to give priority to what they eat as it can also significantly affect the health of their skin.

## **LEARNING OUTCOMES**

- ❖ Understand the role of food and nutrients in health and disease.
- ❖ Evaluate benefits of balanced diet.
- ❖ Recall vitamin chart.
- ❖ Create a colourful palate with food items.
- ❖ Plan a diet for healthy skin.



# VITAMINS CHART

## VITAMIN A

(FAT SOLUBLE)

for  
Normal Growth and  
Development,  
Resist Night Blindness  
& Infection  
Deficiency leads to  
Retarded Growth,  
Night Blindness,  
Growth Retardation,  
Dry Skin, Dry Eyes,  
Brittle Bones, Dry Mouth,  
Infection



## VITAMIN B<sub>12</sub>

(WATER SOLUBLE)

for  
Red Blood Cells,  
Nitrogen Metabolism,  
Healthy Nervous  
Tissues

Deficiency leads to  
Pernicious Anemia



## VITAMIN B<sub>1</sub>

(Vitamin P)

(WATER SOLUBLE)

for  
Growth, Appetite  
Normal Internal  
Function, Nerve and  
Muscle Function  
Deficiency leads to  
Beriberi, Loss in Weight,  
Loss of Appetite,  
Emaciation, Defective  
Carbohydrate  
Metabolism



## VITAMIN C

(WATER SOLUBLE)

for  
Healthy Growth, Good  
Gum & Teeth, Bright  
Blood Vessels, Rapid  
Healing, Resistance  
against Flu & Colds

Deficiency leads to  
Scurvy, Swollen Gums,  
Bleeding of Blood  
vessels



## VITAMIN B<sub>2</sub>

(Vitamin G)

(WATER SOLUBLE)

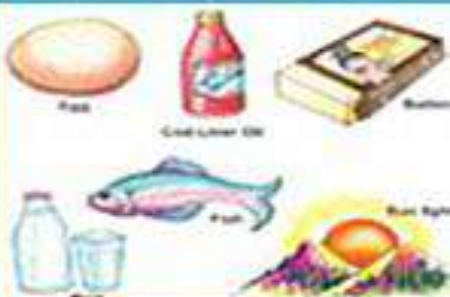
for  
Growth, Healthy Skin,  
Mouth & Eyes  
Deficiency leads to  
Retarded Growth, Dry  
Vision, Photophobia,  
Keratitis, Bleeding  
Tongue, Premature  
Senility



## VITAMIN D

(FAT SOLUBLE)

for  
Proper Utilization of  
Calcium & Phosphorus  
Formation of Bones  
and Teeth  
Deficiency leads to  
Rickets, Poor Growth,  
Weak Teeth & Bones,  
Tooth Decay



## VITAMIN B

(P.P. Factor)

(WATER SOLUBLE)

for  
Proper Carbohydrate  
Metabolism, Nervous  
System

Deficiency leads to  
Pellagra, Glossitis,  
Convulsions, Psychosis,  
Dermatitis



## VITAMIN E

(FAT SOLUBLE)

for  
Normal Reproduction

Deficiency leads to  
Sterility, Muscular  
Paralysis



## VITAMIN B<sub>6</sub>

(WATER SOLUBLE)

for  
Proper Metabolism of  
Amino Acids,  
Disease Resistance,  
Anti-Emetic

Deficiency leads to  
Anemia, Impaired  
Lymph Tissues, Poor  
Resistance against  
Diseases



## VITAMIN K

(FAT SOLUBLE)

for  
Normal Blood  
Coagulation, and  
Liver Functioning

Deficiency leads to  
Hemorrhage



# CHARACTERS



**Shourya:** A 7-year-old boy, black-brown hair with army cut, thin, mischievous, stubborn and intelligent.



**Soumya (Shourya's sister):** A 9-year-old girl, black-brown long hair, thin, attentive, patient and intelligent.



**Teena (Shourya's Mother):** A 35-year-old lady with long hair, modern, observant, healthy and a home maker.



**Animesh (Shourya's Father):** A 37-year-old with black hair, healthy, wearing kurta pyjama with slippers.





**Grandmother (Shourya's Grandmother):** A 55 - year-old short lady, face covered with wrinkles, polite, kind and religious woman who is always seen with her rosary beads.



**Ms. Bhawna (Maths Teacher):** A 27-year-old lady with shoulder length hair-cut, strict looking, responsible and highly energetic.



**Mr. Vivek (PT Teacher):** A 30-year-old black, wavy hair, thick moustache, fit, wearing track suit with a whistle hung around his neck and sports shoes.



**Nurse:** A 26-year-old lady, black hair, wearing the uniform of a nurse.




**Ms. Gurmeet (Beauty & Wellness Teacher):** Middle aged lady, shoulder length, brown, wavy/ curly hair, fit and healthy, wearing salwar kameez with sandals.



**Shourya along with his family lives in New Delhi. The family consists of the grandparents, parents, 9-year-old Shourya and 7- year- old Soumya. Both of them are fond of junk food.**







Mom, don't worry  
...I will place an  
order for my  
favourite food from  
Wiggy.

Yummy! ...please  
order pizza and  
burger for me too.

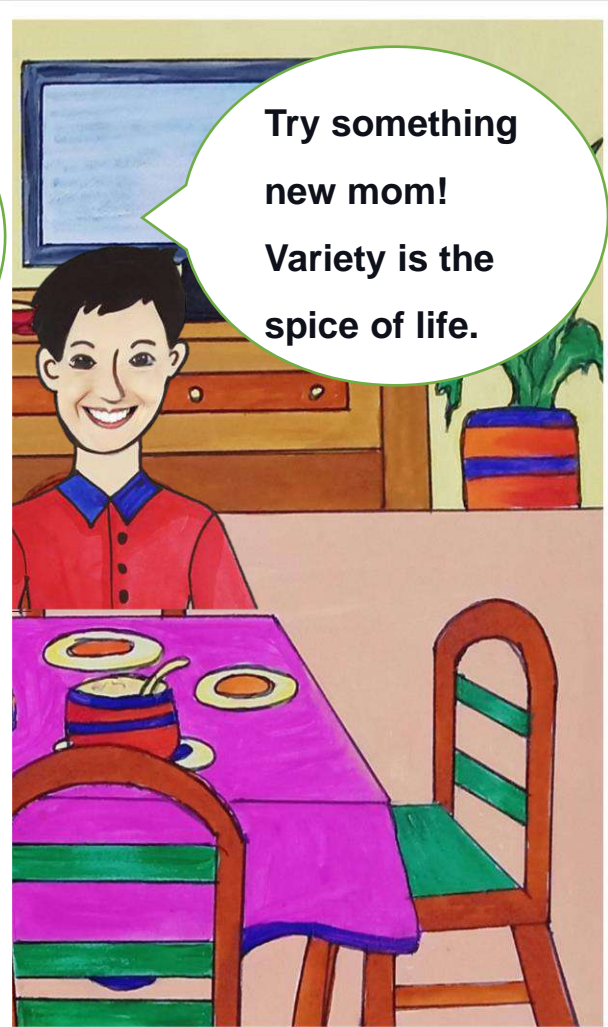


Only if  
Mommy  
agrees.



Burger...Pizza...  
Burger...Pizza...I  
am fed up with  
your eating  
habits.







Moreover, children if you will avoid home cooked food which is a balanced diet, then your health will become poor and you will look undernourished.



But they did not pay heed to their mother.





You need to understand that what you eat can significantly affect not only your health but your skin too.




**Teena is quite upset with the behaviour of her children and shares her concern with the Grandmother**

Teena, it is you who has encouraged them for junk food.

Ma, sometimes we need to find quick solutions.





You're right Teena.  
Today, they will relish my  
homemade food like their  
father and grandfather.



Sure Ma.



Mom...  
What  
is  
this?

We don't want to eat  
this Dal and Roti,  
Please prepare Maggi  
or Pasta for us.


No  
children,  
this food  
has a lot  
of  
nutritional  
value .  
Just taste  
it, you will  
relish it.






But Grandma this is so tasteless, we just can't eat this.

Children, It is very important for you to understand that good health is the result of good living and good eating.



Also, remember that it leads to a sound body and sound mind.



Teena, this is not acceptable, we need to do something about it.

Sure Ma, I'll handle this.



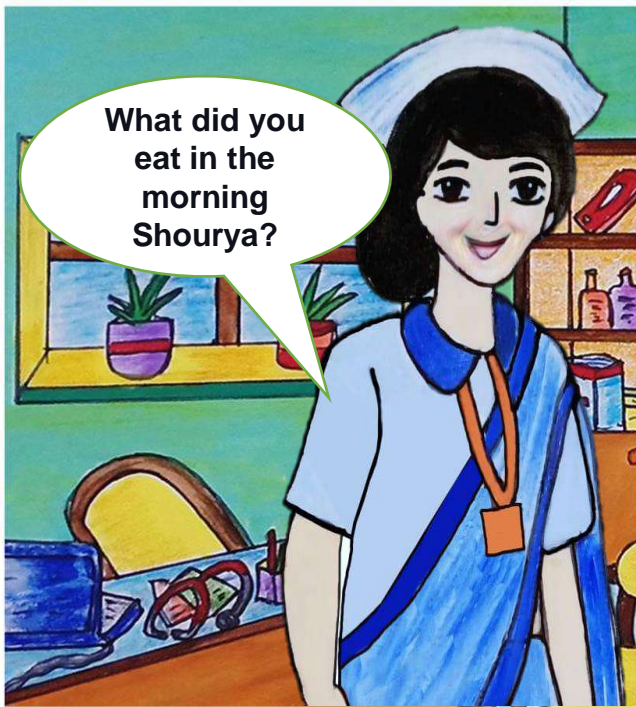
Next day during the assembly, Shourya feels dizzy and collapses on the ground. A few students and the PT teacher reach out to help him.







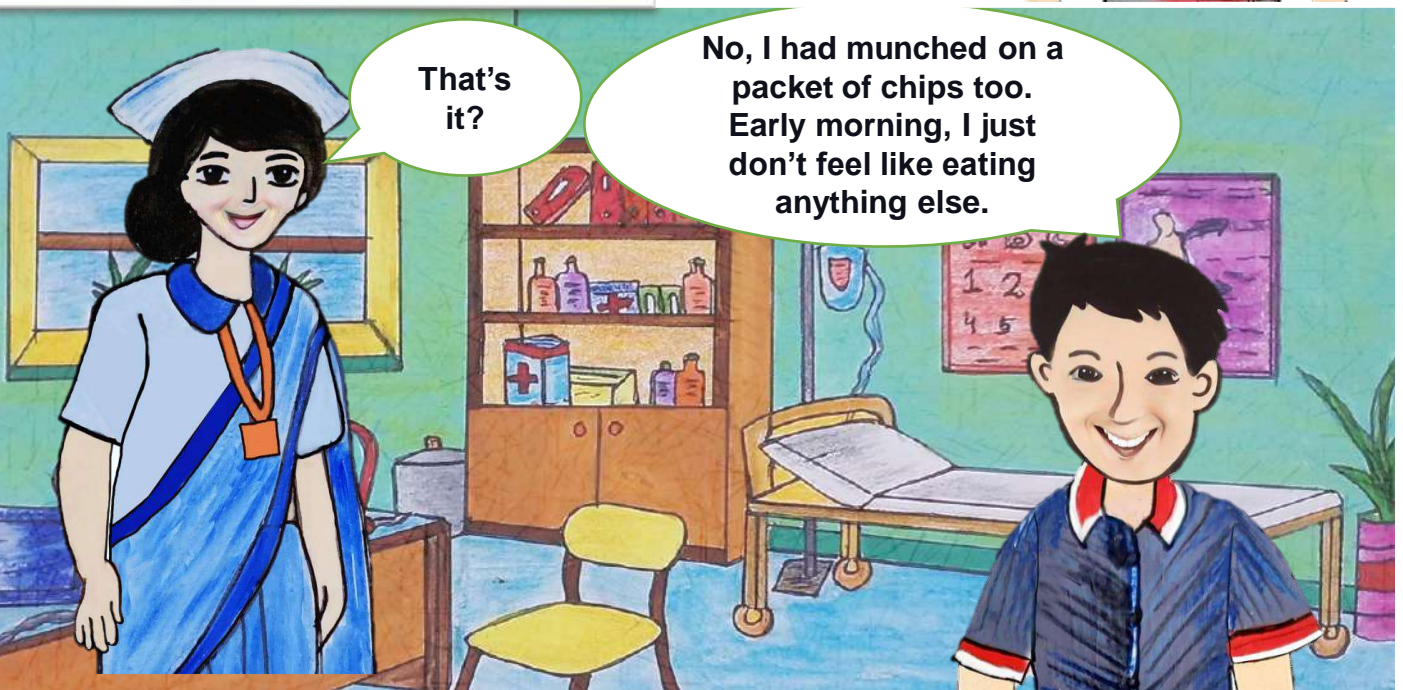




What did you eat in the morning Shourya?

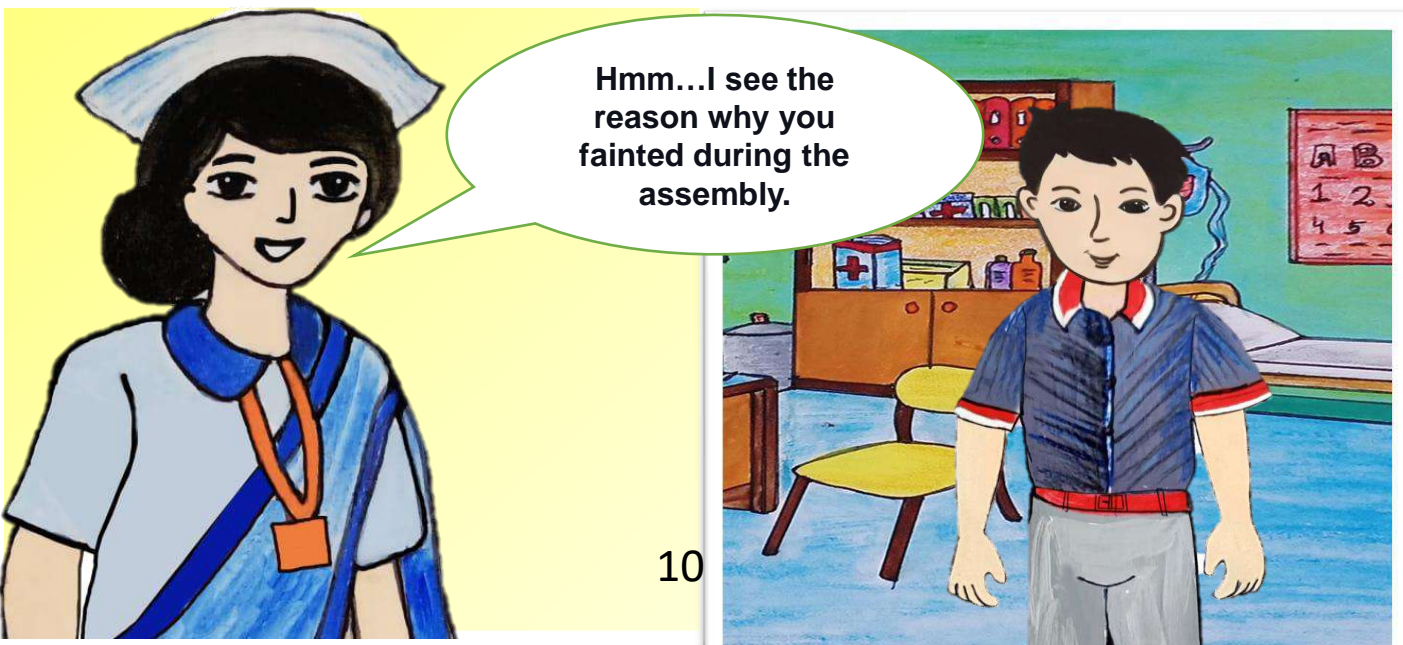


Nothing much...just a bite of sandwich...I would have missed the bus if I hadn't rushed out.



That's it?

No, I had munched on a packet of chips too. Early morning, I just don't feel like eating anything else.



Hmm...I see the reason why you fainted during the assembly.



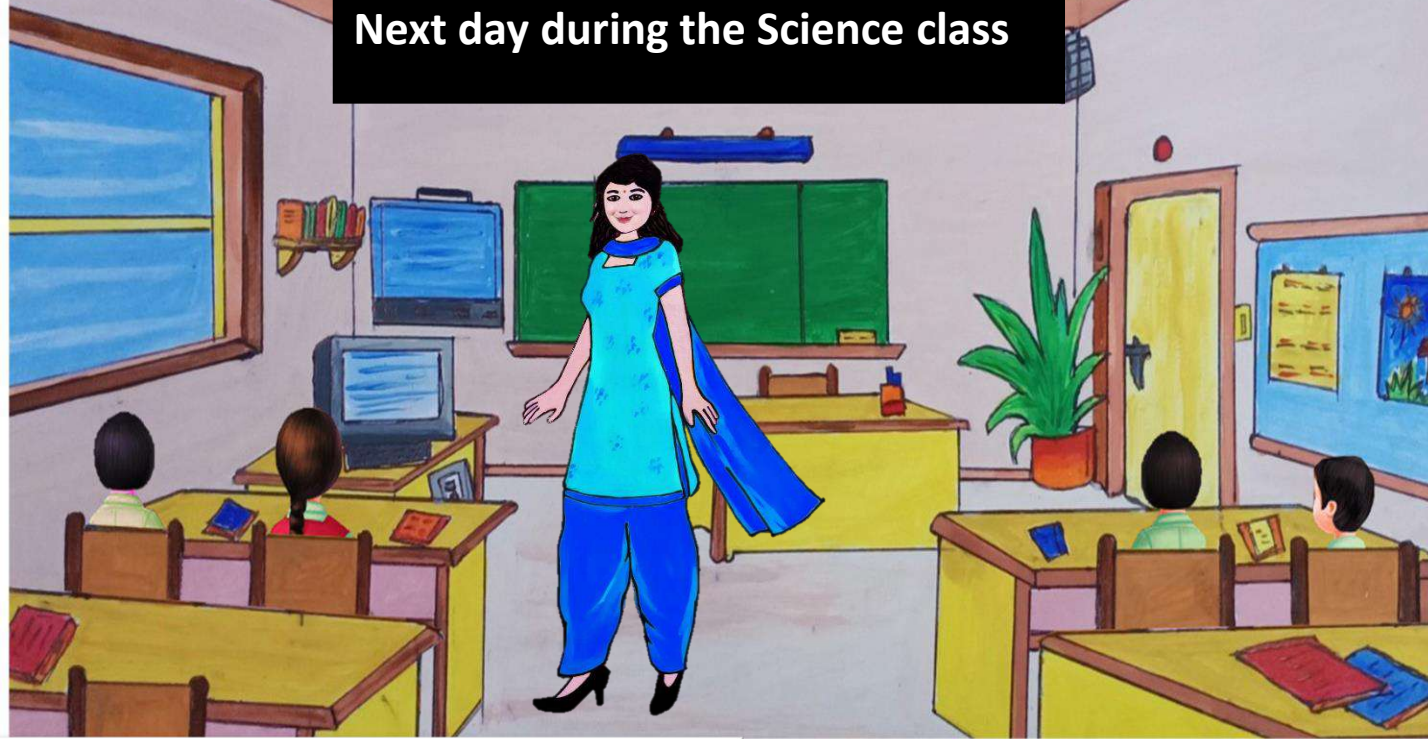


**Our body needs certain number of calories to maintain good health and replenish the energy lost during work.**





**Next day during the Science class**



So students, yesterday we discussed the Importance of Food and Nutrition and about our favourite food items.



Ma'am, Hari always brings chapatti rolls stuffed with sprouts and par boiled vegetables.

I just wonder how he likes it so much. I love burgers and french fries.







He does the right thing Shourya. Sprouted, puffed, parboiled or fermented foods hold a lot of nutritional value.



They are so tasteless ma'am.



Whatever happened with you in the morning is due to lack of nutrition in your diet.



I think you are right ma'am. My mother and the medical room nurse also told me the same.

Yes, and you should also know how to conserve nutrients in the food.

How can we do that ma'am?

By washing the vegetables before cutting and peeling the vegetables thinly.





Oh yes, I've seen my mother do this and she also covers the food while cooking.

That's perfect. Using minimum water and retaining the stock while cooking also helps in conserving nutrients.



You all should make a note of these points in your notebook

Ok ma'am

Ok ma'am



Its lunch time and Teena has prepared a special menu for her children.


Kids, come and have your lunch. I have prepared a special lunch for you today. It's South Indian dishes which you love to eat.

Mom, what have you made?

Idli along with Sambar and Coconut chutney








Mummy, today I was feeling dizzy in school.

Oh God! I hope you are ok.


Yes, the medical room nurse had advised me to have nutritious food and not to go to school on empty stomach.



A woman with long dark hair in a ponytail, wearing a red sari with a white and blue pattern, sits on the left. An elderly woman with grey hair, glasses, and a yellow sari with a green border sits on the right. They are at a table with a pink tablecloth. On the table are two bowls of yellow soup, a plate of white round breads, and a small bowl of green chutney. In the background, there is a wooden cabinet, a potted plant, and a television.

This is the reason  
why I always advise  
you to have the right  
food at the right time.

Children, your  
mother prepares a  
perfect balanced diet,  
keeping your taste  
and nutrition in mind.

The woman from the previous panel is now on the right, wearing the same red sari. A young girl with long dark hair, wearing a blue shirt with a yellow collar, sits on the left. They are at the same table with the pink tablecloth. There are bowls of food and a small bottle on the table. The background is the same as the first panel.

How does a  
balanced diet  
help us mom?

A balanced diet helps  
us to maintain good  
health.

A 'Balanced diet ' means to take food containing all the necessary nutrients such as Proteins, Fats, Carbohydrates, Vitamins, Mineral salts and water, in the right proportion regularly.



**Do you know Avocado also contains Vitamin E & C which are important for healthy skin and Fatty Fish such as Salmon as it contains omega-3 fatty acids that can reduce inflammation & keep the skin moisturized.**



I see, it means a regular balanced diet is very important for good health and our skin.

Exactly! I hope you both will follow the rules to keep yourself fit.

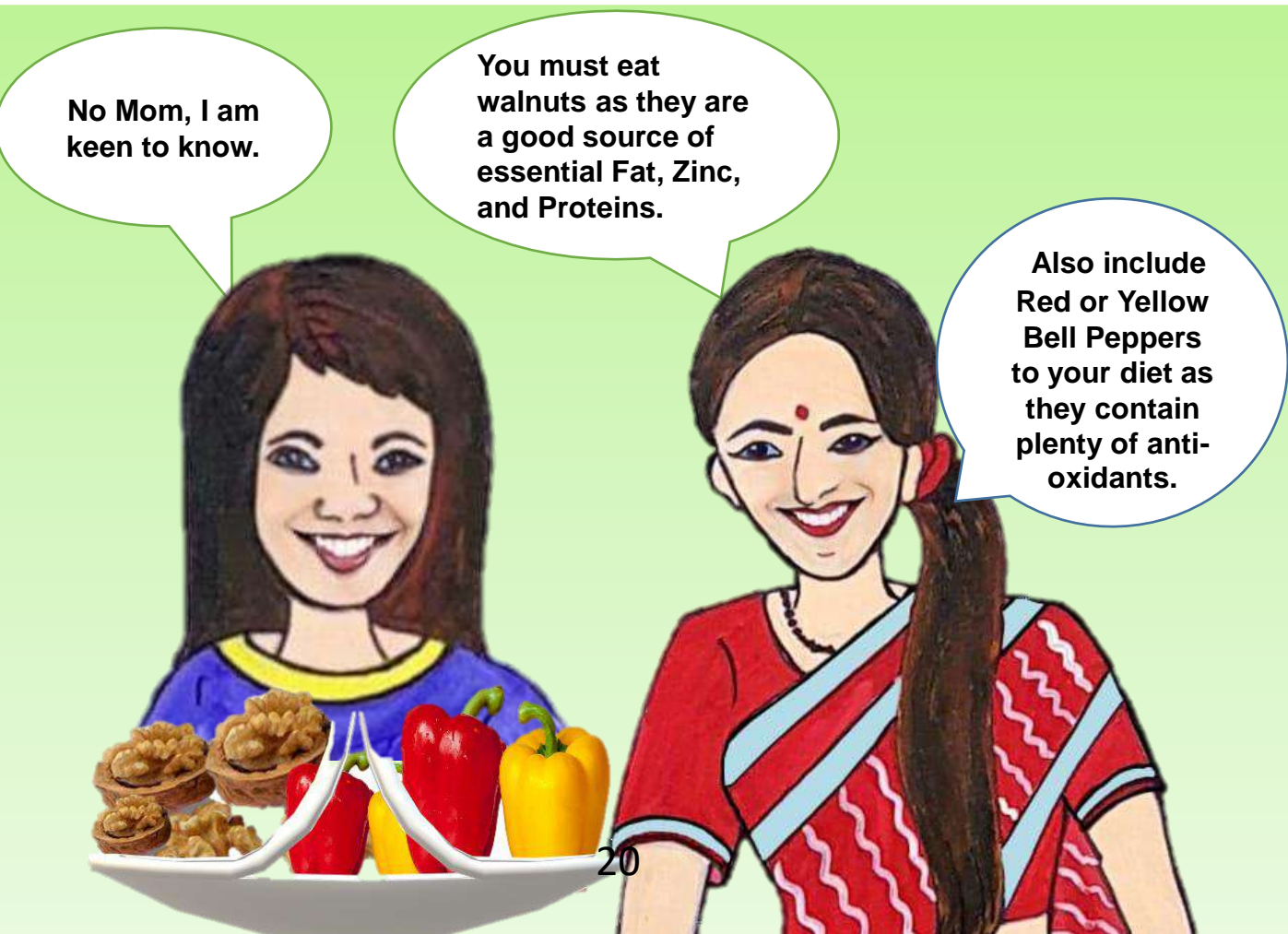






Yes, Mom.

Soumya, have you noticed grandma's glowing and nourished skin. Do you know the secret behind her beauty?

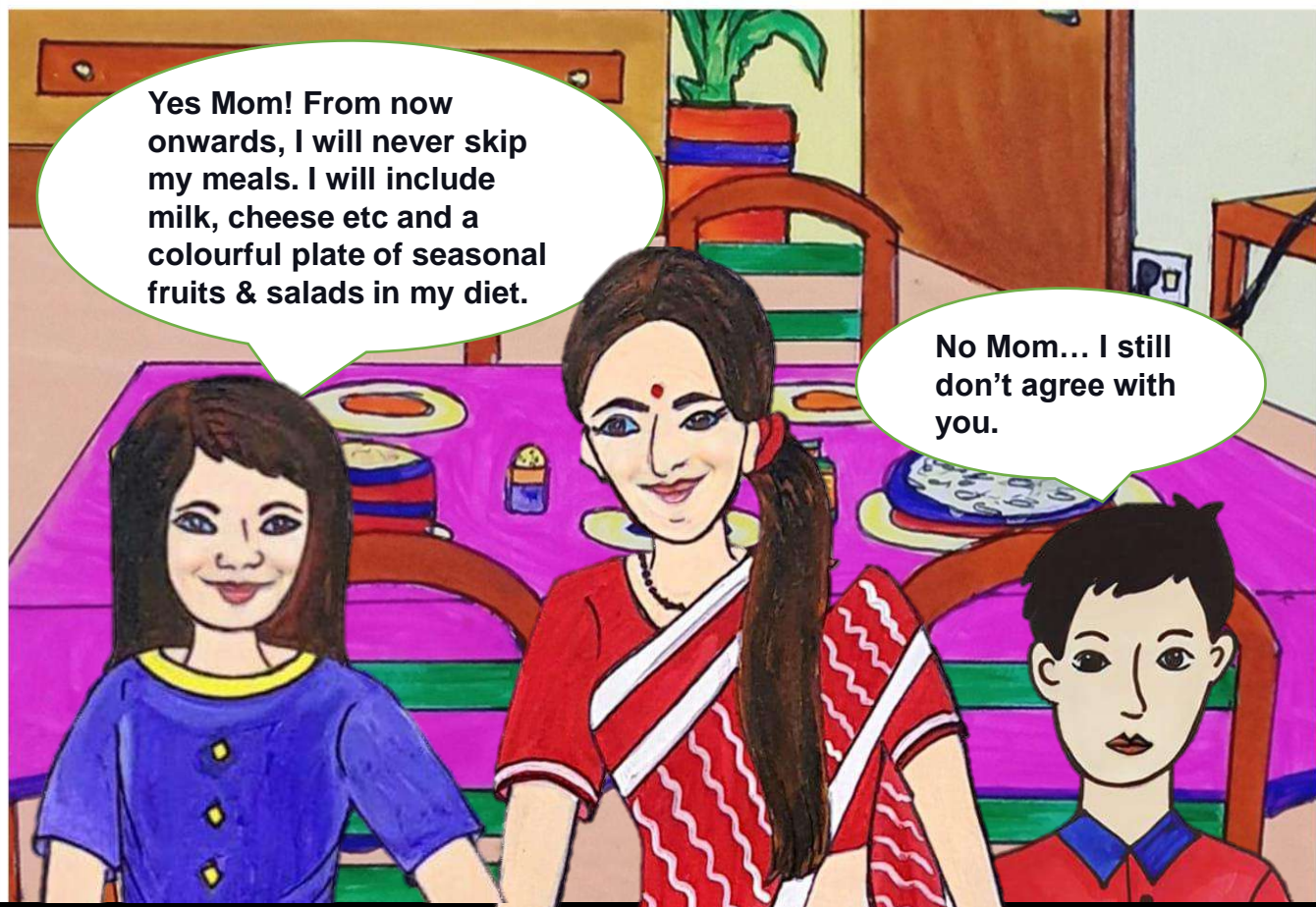


No Mom, I am keen to know.

You must eat walnuts as they are a good source of essential Fat, Zinc, and Proteins.

Also include Red or Yellow Bell Peppers to your diet as they contain plenty of anti-oxidants.





Now, the mother stops explaining Shourya and as time passed, it was seen that Soumya had started eating fruits and vegetables daily and Shourya stuck to Junk food and avoided having a Balanced Diet.





Next day in the Math period, the teacher while teaching the concept of 'Addition' asks Shourya to solve the question on the blackboard. Shourya finds it difficult to read so he rubs his eyes repeatedly but he finds everything blurry.



Oh God! What's going on? Why is everything so blurry on the board?

Shourya, you answer this question.



Ma'am, I don't know.

Shourya! These days I don't find you attentive in the class. Can't you answer such an easy question? I think I need to speak to your parents.



Sorry ma'am...

Shourya, its ok. But, I would want to meet your parents tomorrow.





The next day Shourya's parents, Animesh and Teena, reach school to meet Ms.Bhawna.

Good morning. Thanks for coming at such a short notice. Actually, I'm a bit concerned for Shourya


Good morning. What is the matter ma'am?

Shourya is an intelligent and focused boy. But off late, I don't find him attentive in the class.


Today, in fact, he was unable to solve a simple question like "What is the sum of  $6+5$ ?"

What is the matter Shourya?







Is something bothering you Shourya? It seems you are not taking your studies seriously.



No Mom...I know it very well,  $6+5$  adds up to 11.




Then, why didn't you answer your teacher's questions?



Mom, the reason is that I wasn't able to see what was written on the board.




A comic panel showing a woman with long dark hair in a red sari with a white border and a bindi on her forehead, sitting at a yellow table. She is looking towards a young boy with black hair wearing a blue polo shirt with red trim. The boy has a sad expression. On the table are some pink papers and a pencil. The background shows a window with a blue sky and some lines suggesting a room.

Now do you understand why I always insist on eating home cooked food and fruits..

Sorry Mom, from today onwards I will follow your advice.

**Seeing Shourya crying his mommy understood that Shourya has now realized his mistake. She consoles him.**

A comic panel showing the same woman and boy at the same table. The woman is now smiling and looking at the boy, who has tears on his face and a sad expression. The background is the same as the previous panel.

It's fine Shourya, stop crying now. Taking a healthy diet will help you get over this problem.



Now, let's go and  
buy a nice pair of  
spectacles for you.



After listening to his Mom and Dad Shourya stopped crying.

Shourya's father took him to the optical shop and got his spectacles made.

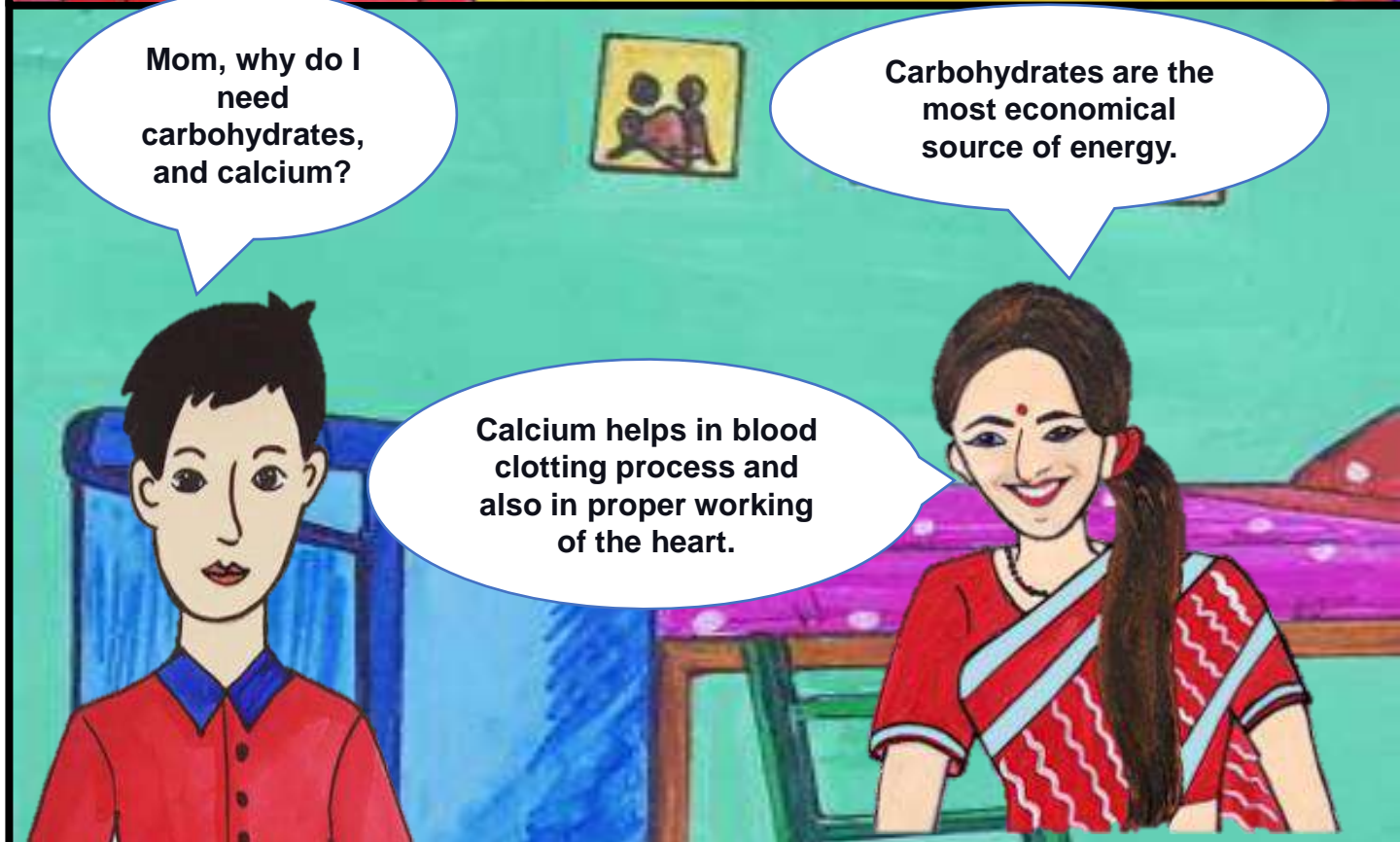




**Shourya and Soumya are sitting on bean bags and interacting on their diet plan.**







**The chief sources of calcium are milk and milk products and the source of carbohydrates are grain products, confectionery products made from flour and sugar, honey and fruits.**



**Shourya and Teena are sitting on the bed and interacting. Soumya is at her study table, busy doing her homework.**

Mom, but don't you think that if I will take fat in my diet I will become obese.

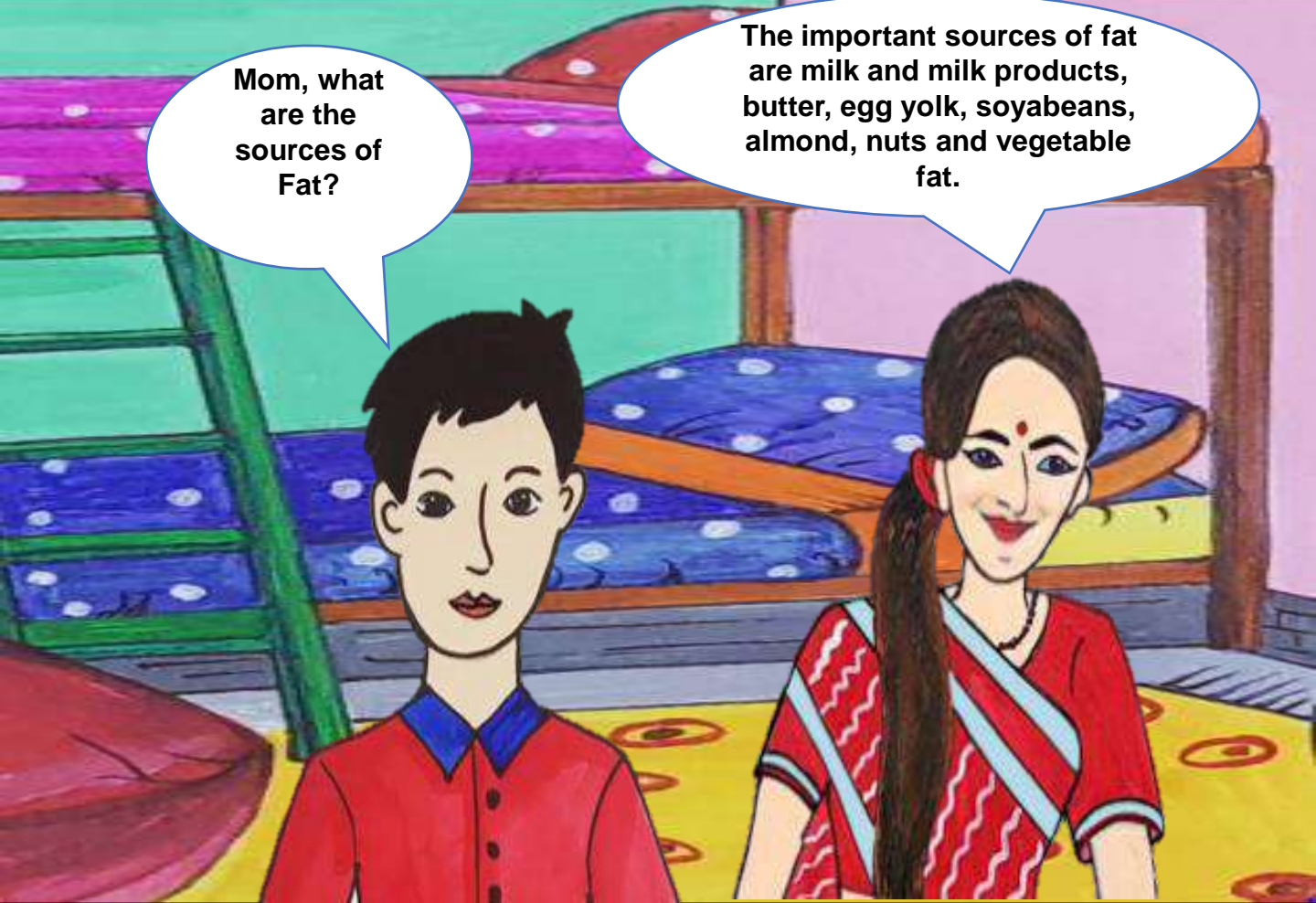


**Fats provide energy to make the tissues firm, to prevent loss of heat by the body. Stored fat is fuel in an emergency; it protects vital organs from any injury**

No! A balanced diet will never harm you. It is the excessive fat that causes problem to the heart and other organs.

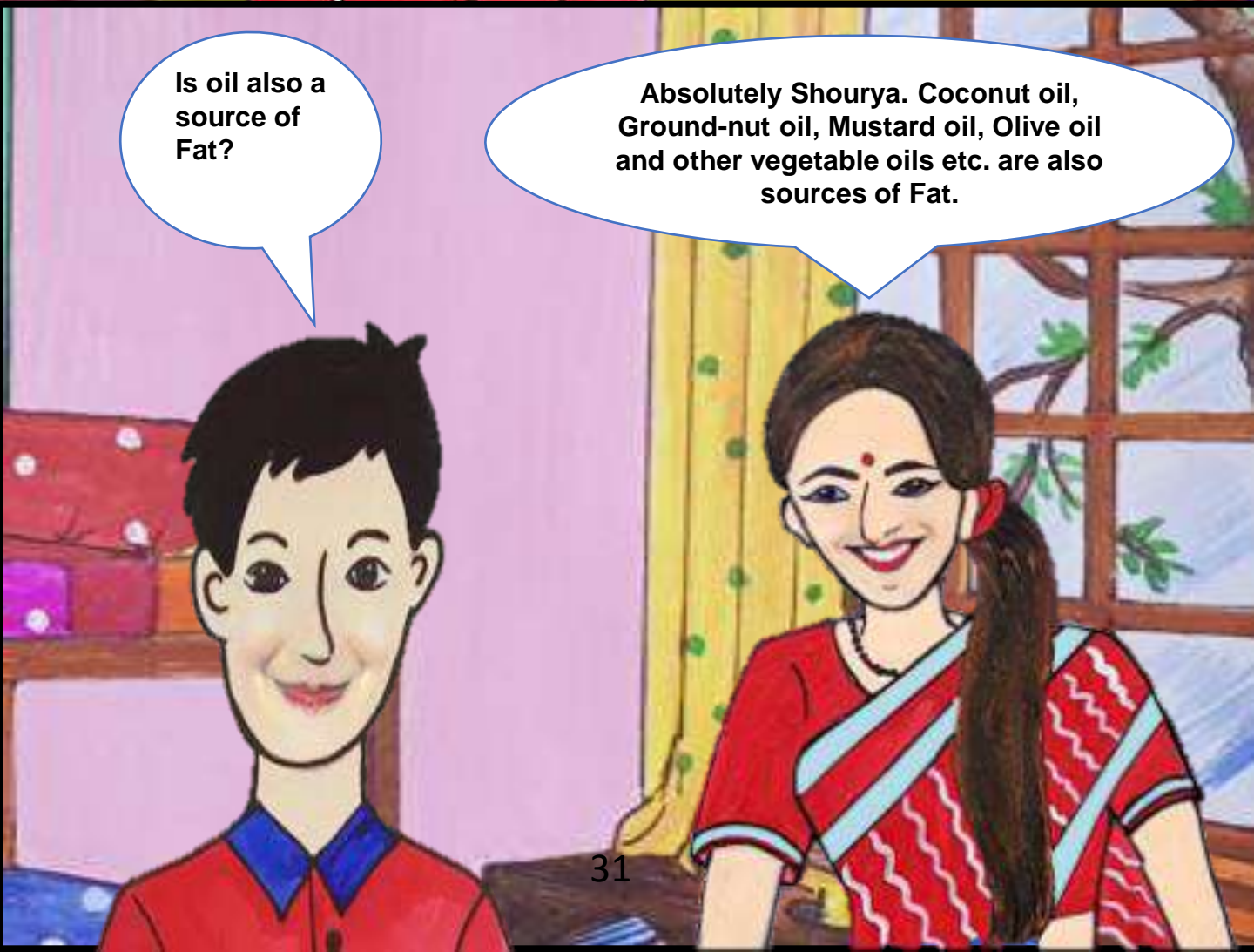






Mom, what are the sources of Fat?

The important sources of fat are milk and milk products, butter, egg yolk, soyabeans, almond, nuts and vegetable fat.



Is oil also a source of Fat?

Absolutely Shourya. Coconut oil, Ground-nut oil, Mustard oil, Olive oil and other vegetable oils etc. are also sources of Fat.



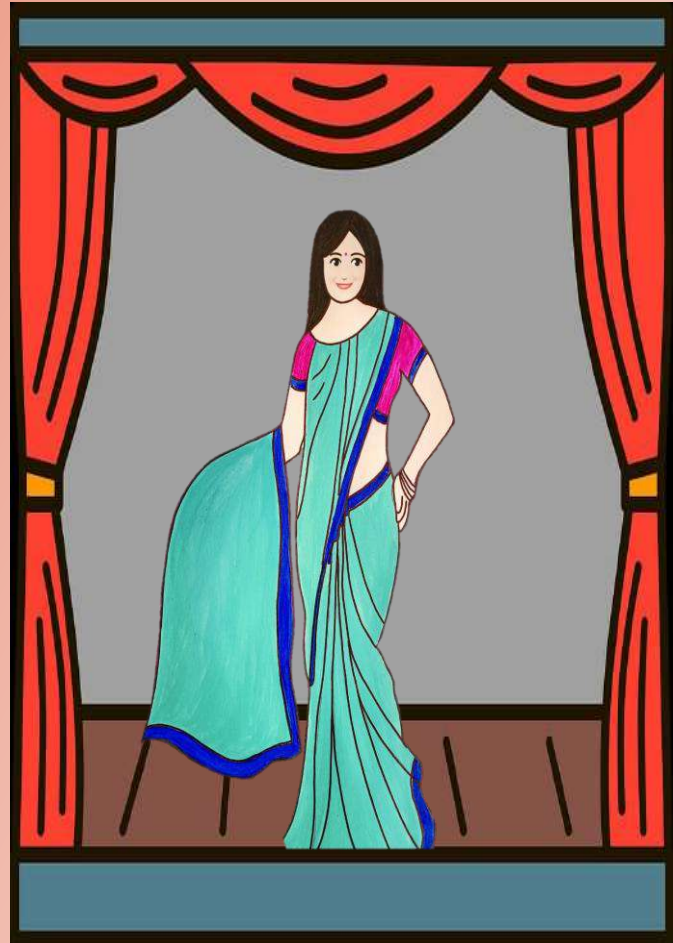




## AFTER 10 YEARS

Shourya is of 18 years now. He is competing for the state-level cricket match. He has regained his good health and the glow of his skin.

Soumya is 21 years old and is participating in a beauty contest and doing modelling assignments. She has an amazing skin texture and is in perfect health. She is among the most famous aspiring models and this is all due to a well-nourished and balanced diet.





## **ASSESSMENT – 1**

**Answer the following questions:-**

- A. Identify the different nutrients like Proteins, Carbohydrates, Fats, Vitamins, Minerals, Water and Roughage in vegetables and fruits.
- B. How does a 'colourful plate' relate to sound body and mind?
- C. Plan a diet for healthy skin as suggested by the Beauty and Wellness teacher.
- D. Make a list of food items that can help in maintaining a clear complexion.



## ASSESSMENT - 2

**Choose the correct option:**

1. Soumya fainted in the morning assembly due to\_\_\_\_\_.

- (a) lack of nutrition in the diet
- (b) eating junk food
- (c) empty stomach
- (d) study pressure

Ans: (a) lack of nutrition in the diet

2. Healthy skin can be achieved if you eat\_\_\_\_\_.

- (a) junk food
- (b) run fast
- (c) walnuts
- (d) ice cream

Ans: (c) walnuts

3. Iron is necessary for human body because it \_\_\_\_\_ .

- a) is a constituent of haemoglobin
- b) helps in growth of bones
- c) is a source of milk
- d) builds the body muscles

Ans: (a) is a constituent of haemoglobin

4. Sprouted and par boiled fermented food holds a lot of\_\_\_\_\_.

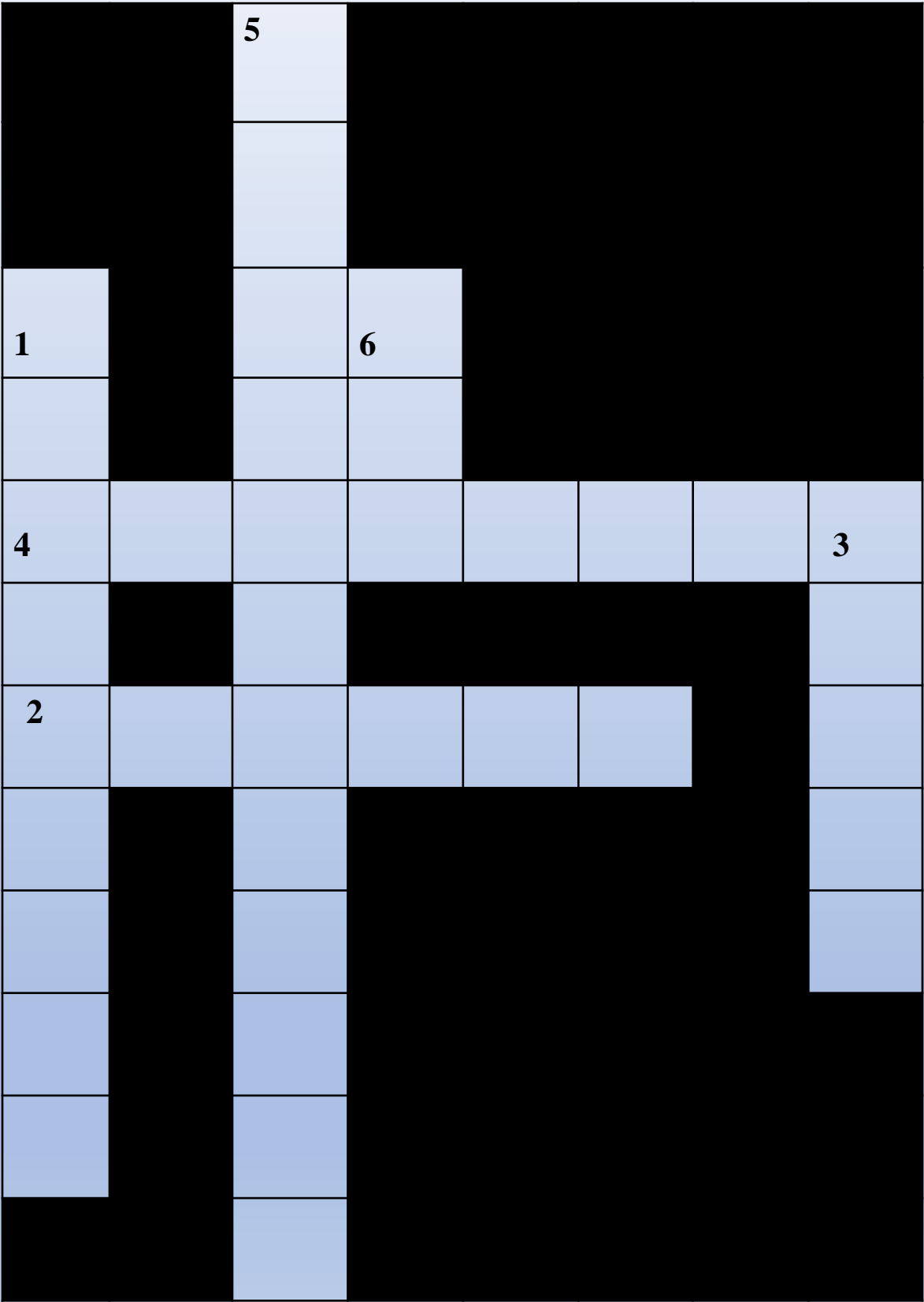
- a) bad taste
- b) Staleness
- c) nutritional value
- d) mouth watering

Ans: (c) Nutritional value



ASSESSMENT - 3

CROSSWORD





## **DOWN:**

1. Our body needs a certain number of calories to \_\_\_\_\_ the energy lost during work.
3. To conserve the nutrients use minimum water and retain the \_\_\_\_\_.
5. Fruits & Vegetables are potent source of \_\_\_\_\_.
6. Essential \_\_\_\_\_ must be derived from milk & milk products.

## **ACROSS:**

2. Always wash the \_\_\_\_\_ before cutting.
4. \_\_\_\_\_ help in body building and is needed constantly by our body.

Ans: 1. Replenish      2. Edible      3. Stock  
4. Proteins      5. Anti-oxidants      6. Fat



## **ASSESSMENT – 4**

**Let's discover and suggest-**

**What will you do in each of the following situations -**

- A. My skin looks dull and poor, does that mean I do not take healthy diet?
- B. If I have a vision problem, can a well-planned diet improve my eye-sight?
- C. What are the indications of feeling weak or unhealthy?

### **Activity:**

Practice labelling and arrange quiz amongst students to identify various nutrients for healthy skin.



## **Glossary**

- ❖Calories: - Energy
- ❖Consume:- Intake
- ❖Inflammation: - A condition in which body becomes red & sore.
- ❖Moisturized Body: - Well- nourished body
- ❖Constituent: - Ingredient

## **Bibliography**

- ❖Forever Young written by Ramma Bans
- ❖Food for Health written by A.P. Diwan
- ❖Secrets of Naturopathy & Yoga written by Dr. Brij Bhushan Goyal

## SUMMARY

In this story we see Shourya and Soumya, refusing to eat the home cooked food served by their mother and grandmother. The kids are very fond of junk and fast food. By avoiding to eat anything healthy in the morning Shourya faints during the morning assembly. In the medical room, the Nurse reveals that lack of nutrition in the diet and coming to school empty stomach, has resulted in this problem. Ms.Gurmeet, explains the value of taking a balanced diet, alongwith, various methods to conserve nutrients and importance of home-cooked food.

At home, grandmother explains how different food items help to nourish and maintain a healthy skin. In the Math class, Shourya is unable to read the content on the blackboard which results in the teacher meeting his parents. Shourya's father gets him a pair of spectacles to reduce his vision problem. His mother assures him that with a well-planned diet he can overcome his health and vision problem.

After 10 years Shourya has become a State level cricket player and Soumya a well-known model.



## **DISCLAIMER**

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