

Beauty and Wellness

HEALTHY EATING



CLASS VII

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PREFACE

To eat is a necessity but to eat intelligently is an art.

Nutrition, as a subject is related to healthy eating and this has been discussed with the students, in the previous class. The students are familiar with the importance of taking in or eating food. Healthy eating refers to enjoying a variety of foods that provide energy and essential nutrients to meet the body's needs every day, for an active and healthy life in the growing years. Food is a substance consumed to provide nutritional support for an organism. It helps to boost immunity, strengthen bones and keep skin, teeth and eyes healthy. It provides support to muscles and strengthens bones. Also, a healthy-balanced diet enhances one's ability to think clearly. It improves concentration and attention span. The nutrients present in the food help to maintain good health, feel energized and experience the feel-good factor.



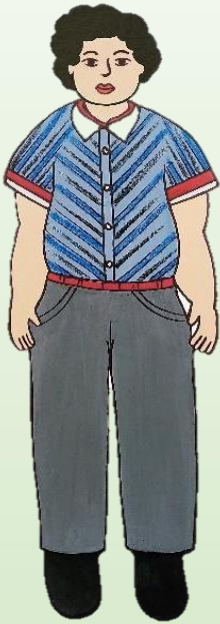


LEARNING OUTCOMES

- ❖ Understand the role of diet and food items for adolescents.
- ❖ Evaluate the importance of abalanced diet.
- ❖ Plan a diet to manage the stresscycle.
- ❖ Understand the importance of fibre.
- ❖ Demonstrate the physical activitiesand exercises to burn calories.
- ❖ Explain the importance of drinking water for an individual.

CHARACTERS

HEALTHY EATING



Atul: A 12-year-old boy, has curly hair and strong stout shoulders that makes him stand out in the crowd. He is very soft spoken and courteous. His courtesy is often misunderstood as his weakness. His eyes are always full of gloom and despair.

Garima: A 12-year-old cute girl has a springy pony and a bright fair face. Chirpy, bubbly and full of life, she is a favorite with all her buddies and teachers alike. She is very sensitive to the sufferings of others and deeply empathizes with them. She is lean yet strong and realizes the value of good health.



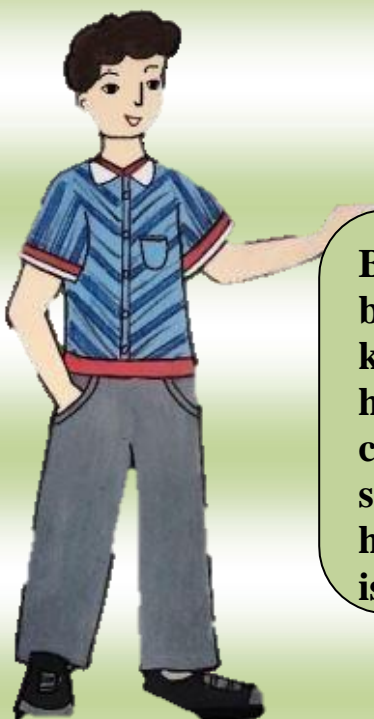
Mr. Vivek: A 30-year-old robust Physical Education Instructor of the school. He is an approachable and easy teacher to be with. He is extremely popular among his students and his period is enjoyed by one and all. He symbolises all that is good and healthy. His physique is an example of emulation.





Atul's Mother: A 40-year-old homely woman is also a mother. She is always worried and concerned for her kids. She wants the best for them but doesn't know how to approach her son with the problem of obesity.

Atul's Sister: A 10-year-old shy girl. She studies in the same school but is more accepted by her classmates. She is a joyful girl with a vibrant personality and cheerful demeanour.

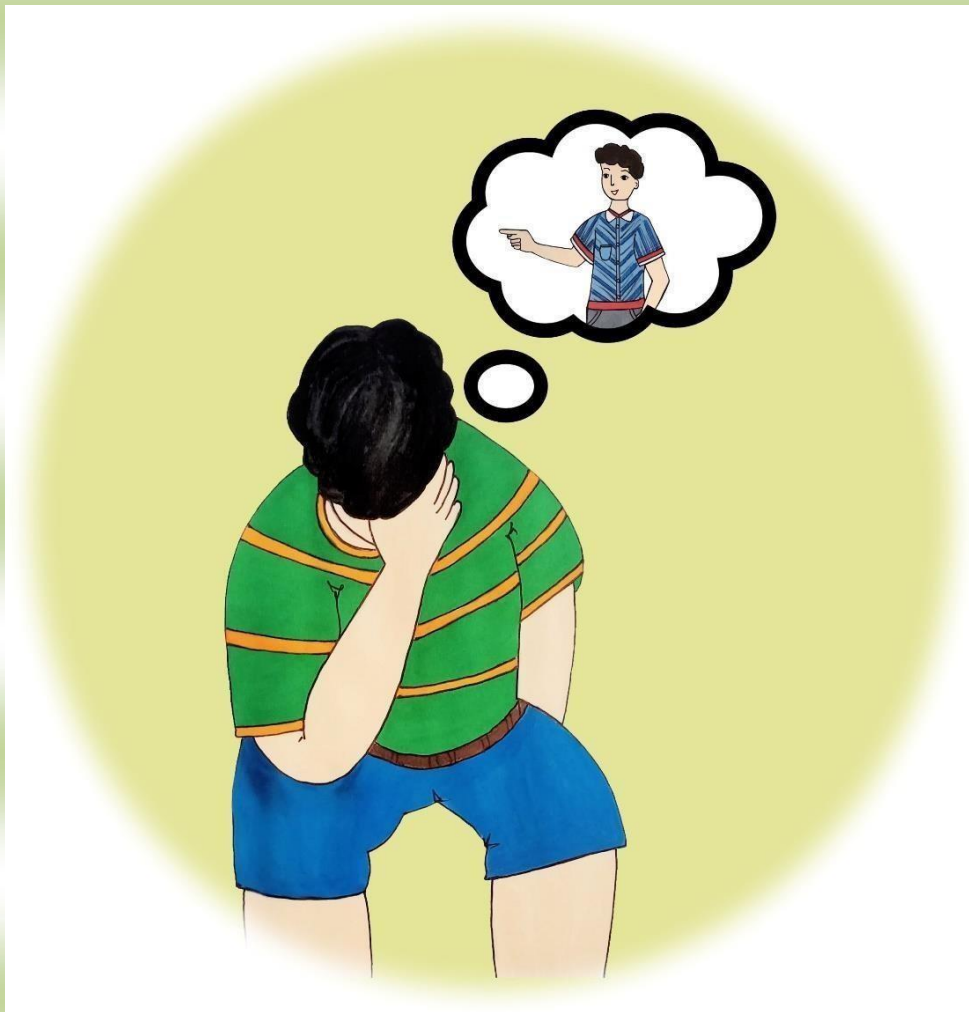


Boy: A snobbish 12-year-old boy. He is a bully on the field and loves to ridicule the kids at school. He wants a crowd to follow him always, which is a sign of a lack of confidence and low self-esteem. For him, school rules are meant to be broken and he often picks up nasty fights over petty issues.

INTRODUCTION

Healthy food contains all the necessary elements for our body. It is the requirement of our body. Healthy eating increases energy which improves mental health. Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks. It also means getting the number of calories that is right for us. There are many ways to make meals healthier such as, limited intake of fats, sugar and salt and inclusion of plenty of vegetables, fruits, grains and lean meats. Our brain functions best if we include high-quality food that contains fatty acids, antioxidants, vitamins and minerals that nourish the brain and protect it from oxidative stress.

Being obese is never easy. Nobody could understand this better than Atul. Atul studied in grade eight at a renowned public school. He was not always that obese, but gregarious eating and no exercise had brought him to the present day.



At school, he was always mocked and ridiculed because of his excessive weight. He felt extremely sad and had very low esteem. He could never make friends. Nobody wanted to be associated with him and become a joint target. Hence, he would always be seen as a loner, drifting from one class to the other.

Atul rarely went to the physical education class and even if he did, the mean boys would laugh their guts out. Today, he decided he would take the chance. It was a lovely sunny morning.



The sun shone warm and cosy. Out in the field, he could feel the warmth pressing on his skin. He stumbled out in the open. The boys noticed him and started laughing uncontrollably.

“What are you doing on the field?” laughed an impudent boy. Atul could not answer, frozen with shame already.

“Get out of here”, cried another voice. Atul slowly turned around and went to the lone spot on the fringes of the playfield. Garima, a classmate of Atul, noticed these boys being mean and rude to Atul. Being a small girl with a huge heart, she felt very sad and upset for him.



She slowly walked up to him and said, “Atul, why do you let these boys trouble you?”

She continued, “You need to begin to appreciate yourself and regain your confidence. I will be glad to help you, provided you want to help yourself. Well, do you?”



Atul was overwhelmed with the concern and friendliness shown by Garima and said, “Yes, of course, I want to improve myself, but I do not know where to begin.”

“Oh! That’s easy”, said Garima. “First, set a goal for yourself. An achievable goal, which will prompt you to move further. Before you reach the end of it, set another achievable goal already.”



Mr. Vivek, the tall lean physical education instructor, was watching Atul and Garima closely all this while. He was so proud of Garima. He approached the two pupils and said, “Very good Garima. You have set the tone for Atul right.” Turning to Atul he continued, “Well Atul! I’m glad you have chosen to work upon yourself. Remember, it’s not going to be easy and thus don’t be too hard on yourself. Gaining weight is easy but losing weight can be an uphill task.



First, start with things that are easy to do, like drinking lots of water. Water is essential for the proper functioning of the body. It is also inexpensive and caloric-free. Next, increase the fibre in your routine and beware of calories. Fibre increase the working of the intestine, which soaks up liquids like a sponge, adds bulk to the motions, and makes it easy to pass.

Calories, on the other hand, give excess baggage to the heart and makes it overworked. Excess calories lead to Diabetes, Hypertension and Cardiovascular maladies, all of which spring from obesity.”



Atul was amazed at all this information. Never had he thought about it so deeply. He always felt that losing weight means overworking yourself with a rigorous exercise routine. The teacher had so much to tell, but the bell rang and they had to disperse to their homes

Atul could already sense a new kind of zeal and life running in his mind and body. He had already set out to achieve the best for himself.

He came back home, with his sister and mom already waiting for him at the dining table. The table had a lavish spread with all the things that Atul liked to eat. His mom knew he always had a tough day at school, so she wanted him to enjoy his meals. Atul sat at the table with the television on in front of him. He seemed to be lost in thought.



His mother asked him, “What is the matter kid? I made everything that you like, then why are you not eating?”

Atul told his mom what had transpired in the school during the games class. She was amazed to see the light shine in his eyes as he spoke. She said to him, “Atul, losing weight takes time, so be patient. Follow some simple steps and you will just be fine.”

“Really!”, said Atul.

“Of course”, replied his mom.

“Follow a schedule to eat and sleep, learn to relax and rest before a busy day, never take less than 20 minutes to finish a meal and go easy on the salt. The more salted food you eat, the more you want.”

“Is that all that I have to do?” enquired Atul

“Yes, and there are a few more things which you can do to remain fit and healthy”, his mother responded

Atul was eager to know it all. He was so thrilled. Losing weight was easy-peasy he thought to himself.

Of course, all this was a cakewalk for him.

“What more should I do Mom?”

“Well, remember how you squirm at the sight of veggies dear Atul?” asked his mom.

Weekly Meal Plan

| Meals | MON | TUE | WED | THURS | FRI | SAT | SUN |
|---------------|-----------------------|---------------------------------|---------------------------|---------------------------------|-------------------------------|-----------------------------|-----------------|
| Breakfast | Poha with peanuts | Dosa & chutney | Stuffed Paratha | Sooji upma with peanuts | Dal Chilla | Omelette & spinach on toast | Stuffed Paratha |
| School Snack | Banana Walnut muffins | Baked Veggie Chips | Apple & cinnamon muffins | Buckwheat Crepe with Banana | Fruit Salad with nuts & seeds | Healthy Quinoa brownies | Oats Muffin |
| School Lunch | Dal Paratha | Mix Veg Cheese Chilla | Sandwich | Arbi Tikki | Paneer Sandwich | Broccoli & chickpea cutlet | Paneer Cutlet |
| Lunch | Dal Fry | Chana Masala Mix Veg stir fry | Lal Saag Coconut Stir Fry | Mix Veg Rice | Dal Fry | Chana Masala & tomato | Paneer gravy |
| Evening snack | Fruit Salad | Chopped fruit with nuts & seeds | Baked Spiced Makhanas | Baked baby potatoes with carrot | Baked Lentil | almond laddoo | Steamed Corn |
| Dinner | Baked Lentil | Black chana Broccoli burgers | Wholewheat Wrap | Spinach Wholewheat Pasta | Keema & Dal Kebab | Methi Khakhra | Egg curry |



She continued, “If you want to regain your health and remain healthy fit and active, then you should also eat a balanced diet that consists of lean meats, fruits and raw vegetables. You have to give up on the foods that are served with sauces which are rich in butter, sugar, salt and flour, adding to your calorie count.”

“Are you sure you will be able to give up your favourite chips and mayo?” asked Atul’s mom. She did not want him to give up on his resolution easily and wanted to confirm if he meant what he had said.

Atul was determined this time, because he had good friends and teachers, who he knew would goad him and encourage him, if he ever felt, exhausted and defeated in this journey of healthy being.

“Yes Mom, I’m not going to eat doughnuts and cheesy burgers, till I don’t get back my confidence and my health”

Delighted by his resolution, she continued with her last piece of advice to him, “Burn off the tough calories through physical activity and exercises. Show those stubborn calories, who is the boss. Do you promise to go for walks from tomorrow?” She prayed because she wanted him to answer in the affirmative.



“Yes, mom, I promise that from tomorrow, I will turn a new leaf and begin working on my health and self-esteem to build a strong and lasting social circle”.

Atul’s mom was greatly relieved. Isn’t this what every mom wants- a child who is aware and conscious about his/her health to ensure that they lead a meaningful prosperous life?



ASSESSMENT - I

1. Find out the words which mean the same as the following:

- (a) food intolerance**
- (b) resolution**
- (c) immunity**
- (d) importance of fibre**
- (e) stress**

2. Re-arrange the following into meaningful words:

- (a) declushe**
- (b) recesixes**
- (c) wegevortih**
- (d) gurnhny**

Answer 1: (a) Food allergy (b) decision (c) resistance to (d) Significance of fibre (e) anxiety

Answer 2: (a) schedule (b) exercise (c) overweight (d) hungry

ASSESSMENT - II

Think and write:

- (a) A balance diet**
- (b) Obesity**
- (c) Health line**
- (d) Health and fitness**

1. Make sentences using the following words:

- (a) Calories**
- (b) Nutrients**
- (c) Malnutrition**
- (d) My Plate**

2. Test your knowledge of nutrition facts:

(A) Choose the correct option.

- (a) Candy bar**
- (b) Whole-grain cereal or oatmeal**
- (c) Potato chips**
- (d) Ice cream**

(B) How many calories are present in one pound of fat?

- (a) 2000**
- (b) 2500**
- (c) 3000**
- (d) 3500**

(C) Which of the following option is the common source of vitamin A?

- (a) Cheese**
- (b) Potatoes with skin**
- (c) Fruits and vegetables Brewer's yeast**
- (d) Dry fruits**

(D) The component of food which helps our body to fight against infections is

- (a) Fats**
- (b) Proteins**
- (c) Carbohydrates**
- (d) Starch**

ANSWERS

(A) (b) Whole grain cereal or oatmeal

(B) (b) 2500

(C) (a) Cheese

(D) (b) Proteins

ASSESSMENT - III

1. Nutrition Quiz

Q1. How would you describe your diet?

Q2. List four ways to reduce the fat content of the diet.

Q3. What did you have for breakfast this morning?

Q4. List four ways to reduce the sugar content of the diet.

Q5. Why is vitamin D important for growing children?

Q6. How can we increase our vitamin D intake?

Q7. What are the two types of vitamins?

2. Mention any 5 Pitfalls of Dieting?

Answer:

a) Disturbed digestive system

b) Acidity problem

c) Pain in the stomach

d) Quick tiredness

e) Gastric problem

GLOSSARY

| Term | Description |
|---------------|---|
| Calories | A unit for measuring how much energy food will produce. |
| Stress | Stress is a feeling of emotional or physical tension. |
| Obese | A disorder involving excessive body fat increases the risk of health problems. |
| Balance Diet | A diet that contains different kinds of food in certain quantities and proportions. |
| Anti-Oxidants | Food substances that may prevent or delay some types of cell damage. |
| Fish & Fowl | Anti-oxidants in fish and meat from farms to forks. |

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SUMMARY

The story emphasizes the importance of healthy eating which leads to a healthy body and mind. Both are interlinked and imperative for smooth functioning. 'Eating healthy' means following a healthy eating pattern that includes a variety of nutritious foods and drinks. Atul's gregarious eating and no exercise had led to increase in his weight. He was always mocked by others because of his excessive weight, which affected his self-esteem and left him lonely. He wanted to bring a change in himself. Garima, his classmate and Mr Vivek, the PT teacher, encouraged and motivated Atul by telling him that with sincere efforts he would be able to reduce his weight. Atul then decides to achieve the best for himself. He could sense a new kind of zeal running in his mind and body.

On reaching home he told his mom what had transpired in the school during the PT period. She was glad to see the change in his way of thinking and motivates him to eat a well-balanced diet that consists of lean meats, fruits and raw vegetables and giving up on the foods that increase calorie content such as foods that are served with sauces which are rich in butter, sugar, salt and flour. Atul's mother was greatly relieved to see her child becoming aware and conscious of his health which would help him lead a healthy and meaningful life.

DISCLAIMER

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