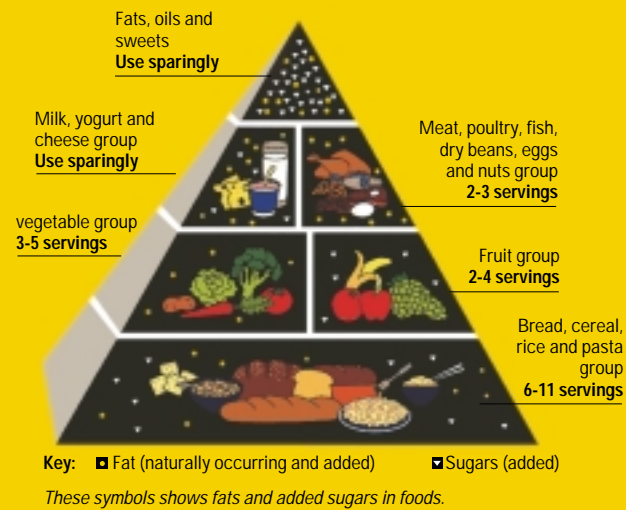


# Food palate

Your Mom is always after you to eat a healthy meal right? And you are always fussy about the boring food? But it would be a good idea to know why mothers are so keyed up about you getting the right food.



We need a variety of foodstuff to keep us going. Just one type isn't enough! We need daily helpings of

1. Complex carbohydrates from rice, chappatis, bread, and cereals.
2. Fruits and vegetables supply vitamins.
3. Milk and dairy products give proteins and vitamins.
4. Eggs and fish are good for zinc, iron and Vitamin B.
5. Sugary and fatty foods in small quantities can be part of a healthy meal.

Do you know what is the nutrient value for different kinds of foods? Find out...

## Fruit Basket

**Mango** – has beta-carotene that the body turns into vitamin A.

**Apple** – rich source of vitamin C. Has high levels of fructose (a simple sugar) that is metabolised slowly and therefore helps to control blood sugar levels.

**Banana** – has potassium that is good for muscle and nerve function. India produces more bananas than any other nation.

**Apricots** – high in fibre and beta-carotene. Dried apricots — full of iron and potassium — are part of the astronaut's diet during space flights.

**Guava** – packed with vitamin C, vital for healthy skin and tissues. Has five times more vitamin C than orange.

Tennis players eat bananas before the match because it has plenty of sugar which is released quickly into the blood stream.

Dried apples were very popular with Egyptians as far back as the 12 century BC.

## Milk Products

**Milk** – whole milk is considered to be complete food because it has protein, calcium, zinc, vitamin A, B2, and B12. It also has some amounts of iodine, niacin and B6.

**Cheese** – has protein and calcium. Important source of B12 for vegetarians. Chewing cheese can repair teeth. Should be eaten in moderation because it contains fat.

Teenagers need 800 mg to 1000 mgs daily.

## Vegetable Cart

**Carrot** – has vitamin A which combines with a protein (opsin) in the rods of the retina to form a substance needed for good night vision.

**Beetroot** – Rich in potassium and folate for healthy cells. Controls anaemia. Leaves have iron, calcium and beta-carotene.

**Lemons** – give vitamin C to boost the immune system.

**Pumpkin** – rich in potassium, phosphorus and magnesium.

**Spinach** – has plenty of carotene, vitamin C, potassium and folate.

**Tomatoes** – botanically, more a fruit than a vegetable. Has carotenoids, potassium, vitamin C and E.

The first sign of vitamin A deficiency is night blindness (inability to adjust to darkness). One carrot everyday can improve night vision.

A study shows that a diet rich in green leafy vegetables reduced blindness in elderly people.

## Stress Busters

Some foods are useful in times of stress so check out this exam time food guide!

**B vitamins** – help release energy and maintain a healthy nervous system. Found in green vegetables, fresh fruit, wholegrain cereals (brown rice) eggs, dairy items, pulses and dried fruits.

**Vitamin C** – from fruits and vegetables helps resist infections.

**Zinc** – Boosts immunity. Found in egg yolk and seafood.

**Complex carbohydrate** – Gives energy and calms the mind. Found in rice, bread and potatoes.

## Healing herbs

**Basil** – is a natural tranquilliser and is good for the nervous system. Basil tea relieves nausea.

**Mint** – helps to ward off colds and helps in digestion.

**Coriander** – fresh coriander is supposed to be good for the heart and cleanses the stomach.

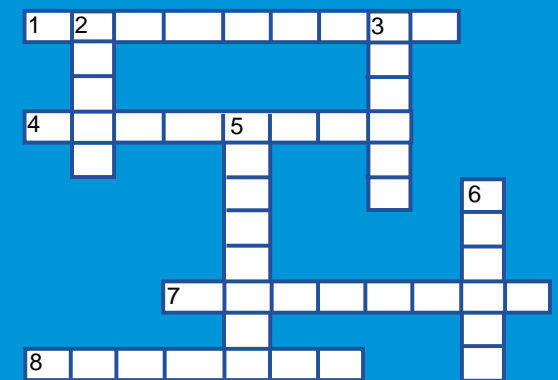
## Salad Bowl

**Liven up your greens!**

Most vegetables start losing vitamin content as soon as they are picked but beans continue to form nutrients. Sprouts are rich in vitamin C, B complex vitamins and lots of proteins. Vitamin C content grows phenomenally — 600 times — when beans start sprouting!

## Solve the crossword

Find out how much you know about food and nutrition. Rack your brains and crack the clues to complete this crossword!



### CLUES

- Across**
1. Mountaineers eat this to get instant energy. (9)
  4. \_\_\_\_\_ increases the susceptibility to sunburns and these are often the first symptoms of this disease. (8)
  7. Eating polished rice (lacking vitamin B1) may cause this disease. Thought to be a form of plague in ancient Asia. (8)
  8. As a result of a miscalculation many believed that \_\_\_\_\_ contained 10 times more iron than it actually does. Was very popular with cartoon characters. (7)
- Down**
2. Greek god Zeus was brought up on a diet of milk and \_\_\_\_\_. Was used as a sweetener before sugar became popular. (5)
  3. It's red and you know it as a vegetable, but it's actually a fruit. Earlier known as 'love apple.' (6)
  5. First used in herbal medicine to treat arthritis and eczema, it forms the base of many beauty preparations today. (8)
  6. It was called 'plague of the sea.' Eating lemons is a simple cure. (6)