

## **B1.1 Keeping Healthy**

### **B1.1.1 Diet and Exercise**

#### **Summary**

A combination of a balanced diet and regular exercise is needed to help keep the body healthy.

#### **Healthy Diet**

- A healthy diet contains the right balance of the different foods you need and the right amount of energy.
- These foods should provide the following nutrient groups:
  - Carbohydrates for energy and to make cell structures
  - Fat for energy and insulation and cell structures
  - Protein to control cell reactions (as enzymes) and to build cell structures
  - Vitamins and minerals to help our bodies function well.

#### **Malnourishment**

- A person is malnourished if their diet is not balanced.
- This may lead to a person being overweight or underweight.
- An unbalanced diet may also lead to diseases.
- Lack of essential nutrients in the diet can lead to deficiency diseases.
- Excess intake of high energy foods can lead to type 2 diabetes.
  - This is a disease where the person is unable to control the levels of sugar in their blood.
  - This is very dangerous, and the person must carefully control their diet and monitor their blood sugar levels regularly.

#### **Slimming programmes**

- A person gains mass when the energy content of the food taken in is more than the amount of energy expended by the body.
- A person loses mass when the energy content of the food taken in is less than the amount of energy expended by the body.
- An effective slimming programme advises people to reduce the energy content of their food, and to increase the amount they exercise.
- Some slimming programmes encourage people to consume a low proportion of one of the nutrient groups in their diet. This may enable them to lose weight, but it will not necessarily be a sensible, healthy diet.

#### **Exercise**

- Exercise increases the amount of energy expended by the body.
- People who exercise regularly are usually healthier than people who take little exercise.
- They expend more energy and their circulatory system becomes more efficient.
- They are likely to have lower blood pressure, and less likely to be overweight.

#### **Metabolic rate**

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**Clemens Wendtner**

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