

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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Minjie Lin



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