

Assignment cum Assessment-3

UNIT – 2 : SPORTS AND NUTRITION

Ponit to be discuss : -

1.Eating for weight control - A healthy weight, the Pitfall of dieting, Food Intolerance and Food Myths.

Q.1. Write a detail notes on any one :-

(a) Healthy Weight (b) Food Myths (c) Pitfall of dieting (d) Food Intolerance

Ans – (a) **Healthy Weight** : A healthy weight is a weight that lowers your risk for health problems, generally body mass index (BMI) and waist size are good ways to achieve healthy weight.

Methods to calculate BMI = $\text{Weight in Kg}/(\text{Height X Height})$

Category	BMI
Underweight	<18.5
Normal weight	18.5-24.9
Overeighth	25-29.9
Obesity Class I	30-34.9
Obesity Class ii	35-39.9
Obesity Class iii	>40

A healthy weight is considered to be one that is between 18.5-24.9 BMI. If the BMI is between 25-29.9 an adult is considered overweight and if it is above 30, the person is considered to be obese. Since, 3500 calories equals both one equals about one pound of fat, if you cut 500 calories from your typical diet each day, you will lose one pound weight a week.

some useful tips for weight control with proper eating:

a. Avoid common pitfalls: diet, especially fat diets or quick fix pills and plans, often set you up for failure. Prepare a plan that is more realistic.

b. Put a stop to emotional eating: We don't always eat simply to satisfy hunger. All too often, we turn to food for comfort and stress relief. When this happens, we frequently pack on pounds.

c. Tune in what you eat : Do not eat while at your desk or working, and in front of the TV screen. The result is that we consume much more than we need, often without realizing it. Counter this

tendency by practicing “mindful” eating: pay attention to what you eat, savor each bite, and choose foods that are both nourishing and enjoyable

d. Fill up with fruit, veggies and fibre: to lose weight, you have to eat fewer calories. But that doesn't necessarily mean you have to eat less food. You can fill up while on a diet, as long as you choose your foods wisely.

e. Indulge without overindulging: Do not avoid some type of food (ice cream or cookies or chips) completely. Instead of denying yourself the unhealthy foods you love, simply eat them less often.

f. Take charge of your food environment: Set yourself up for success by taking charge of your off environment: when you eat and what foods are available.

g. Make healthy lifestyle changes: You can support your dieting efforts by making healthy lifestyle choices .

Eating for weight control - Factors to control body weight diet, Drinks lots of water, Eating lot of fibrous food, Regular Medical Checkup, Avoid Fats, Medicine only by doctors advice, Physical Activity, Avoid Drinking, Avoid junk food, Meals in small shifts, Follow Hygienic Habits, Do not Dieting, Never try sliming pills, Avoid over eating, Balancing the intakes of calories and expenditure of calories.

Explanation of some of the methods or factors to control healthy body weight: Set an

Appropriate Goal: For losing body weight, you should set an appropriate goal, i.e., how much weight you want to shed or lose. While setting the goal, you should know about your capacities and limitations. Your goal should be achievable. You may set your goal for one month. Take a pledge that you will lose 1 kg per month depending on how much excess weight you have. After that you can further set your goal for weight control.

Cut Your Calories: Keep a plan ready to get back on the track if your body weight begins to exceed the required level. It is a simple plan to follow. Just cut or subtract only 100 calories a day. In this way, you can return to your goal weight.

Active Lifestyle: An active dynamic lifestyle plays a pertinent role in controlling weight. School children should prefer to walk to school instead of going by car or motorbike. Instead of elevators, they should take stairs. If they want to switch off the TV, they should not use a remote control but should do this physically. Instead of watching TV for more hours they should play outdoor games. In this way, they can lead an active lifestyle which will be beneficial in weight control.

Avoid Fatty Foods: If you want to lose or maintain weight, you should avoid fatty foods in your diet. Fats are known to have maximum number of calories. These extra calories will be accumulated in your body. So avoid fatty foods, if you want to remain slim and trim.

Don't Skip Meals: Don't skip your meals, such as breakfast, lunch and dinner. If you skip your meal, the next time you will definitely indulge in overeating which may lead to obesity. In fact, skipping meals increases hunger and it results in greater food consumption in the next meal that you take

(b) Food myths: Eggs increases cholesterol level so avoid them : There is no doubt that eggs are good source of health. An egg provides you various nutrients. It is as per daily requirements of cholesterol by our bodies. So, if you take one egg daily there is no problem of cholesterol level. Drinking while eating makes you fat : The actual fact behind this misconception is that enzymes and their digestive juices will be diluted by drinking water while eating which slows down your digestion which may lead to excess body fat.

(i) Myth: Low fat or No fat diet are good.

Fact: Body needs fats for energy, tissue repair and to transport vitamin A,D, E,K. Just cut down on saturated fat eating unsaturated fats.

(ii) Myth Crash: Dieting or Fasting may loose weight.

Fact: It may be true in short term but ultimately it hinder weight loss. Loosing over the long term burns off fat whereas crash dieting or fasting not only removes fat but who leans muscles.

(iii) Myth: Food eaten late night is more fattening.

Fact: It doesn't make much change.

(iv) Myth: Low fat milk has less calcium than full fat milk.

Fact :- Skimmed and semi skimmed actually have more calcium because it is in watery part and not in creamy part of milk.

(v) Myth: Vegetarian cannot build muscles.

Fact: Vegetarian can build muscles as meat eaters by getting their proteins from vegetables such as cheese nuts pulses. Etc.

(vi) Myth: Healthy food is expensive.

Fact: Tinned, stored, packed food is expensive. Whereas local & seasonal food is inexpensive.

(c) Pitfall Of Dieting : An individual who is overweight wants to reduce weight they starve for reducing weight many times skip meals to lose weight, sometimes take slimming pills. Extreme Reduction of Calories, Restriction on some nutrients, Skipping meals, Intake of calories through drinking, Under estimating the calories., Intake of labeled foods, Not preferring physical activities, low energy diet, Taking less liquids, Starving.

Explanation of some Pitfalls of Dieting :

Extreme Reduction of Calories:For dieting, intake of calories is reduced extremely.

Research studies indicate that 1800 calories a day cannot meet all the nutritional requirements of an individual. If you reduce intake of calories it will result in a huge loss of weight. It can be dangerous for you. It will definitely lower your metabolism and as a result of this your body weight will not be reduced in a healthy manner..

Restriction on Some

Nutrients:Generally some nutrients like carbohydrates and fats are restricted in dieting. In reality, your body needs all types of nutrients. If you don't take all the nutrients in required amounts, the proper functioning of the body will be impaired.

Skipping Meals:It is a fact that if you have good metabolic rate, you can maintain or lose weight. If your metabolic rate is slow you gain weight very easily. So, if you skip meals, it will lower your metabolism to conserve energy. So, skipping meals works against your weight-loss plans. Research studies also show if you skip one meal, you take more calories during the next meal.

Intake of Calories through Beverages: If you want to lose your weight, most probably, you lay stress on not to eat more and not on what you drink. In fact, beverages, coffee with cream and sugar, sweetened juices and sodas really contribute to weight gain,

Not Exercising: If you go on dieting and do not exercise, it will work against the weight-loss programme. Instead of losing weight you are likely to gain weight. As a matter of fact, exercise has a positive effect on metabolism and also helps to burn some extra calories. Exercise increases metabolic rate which ultimately reduces body weight. So, dieting is beneficial only if you exercise alongside.

(d) Food Intolerance: Food Intolerance means the individual elements of certain foods that can not be properly processed and absorbed by our digestive system. The main cause of food intolerance is the complete absence of enzymes responsible for breaking down or absorbing the food elements. Food intolerance can cause nausea, stomach pain, diarrhoea, vomiting, gas cramps, heartburn, headaches, irritability, etc.

Causes : Absence of activity of enzymes responsible for breaking down the food elements. These are usually innate sometimes diet related or due to illness.

Symptoms: Food intolerance can cause nausea, stomach pain, diarrhoea, vomiting, flatulence, gas, cramps, heartburn, headaches, irritability, nervousness, etc

Management :

Individuals can try minor changes of diet to exclude food causing adverse reactions. Sometimes it can be managed adequately in such a way without the need for professional assistance. If you are unable to know the food which causes problem you should seek expert medical help. Guidance can also be provided by your general practitioner to assist in diagnosis and management. For managing food intolerance, fructose intolerance therapy, lactose intolerance therapy and histamine intolerance therapy can be applied.

Assignment cum Assessment Exercise-3

UNIT – 2 : SPORTS AND NUTRITION

Q.1. What do you mean by healthy weight ? Discuss about the methods to control healthy body weight for lifetime.

Q.2. Elucidate about the various pitfall of dieting in detail.

Q.3. What do you mean by food intolerance ? Explain the cause, symptoms and management of food intolerance in detail.

Q.4. What do you mean by food myth ? Explain any six food myth prevailing in contemporary society.

Note :- All assignments to be done in separate assignment copy ,which has to be submitted on commencement of session,2020-21.