

Balanced Diet



Diseases

Diseases are defined as the condition seen when the body is deviated from a state of being normal. They are the medical conditions which are present with certain signs and symptoms. These symptoms can vary according to the organ affected as well as according to the severity of the disease.

We eat food which provides energy to our body. Our food contains several nutrients like carbohydrates, fats, vitamins, proteins and minerals. All nutrients have their own functions. Carbohydrates provide energy to our body to work. Proteins help our body to grow, by building our tissues. Fats also give energy. Vitamins keep us fit and healthy. Minerals help in the growth and development of our body. Roughage helps in the digestion of food properly and cleans our body.

