

Our concept about sound health & nutrition :

The following picture depicts the image of four children with the same age.

Which of the children suffer from malnutrition that you think?



❑ The 1st picture from the left-hand side corner can make us easily guessed by looking that the child's weight is more than it should be according to his/her height and age. This condition is called overweight and its more advanced form is obesity. This situation denotes malnutrition in this child.

❑ The second child's weight is very less than it should be according to his/her height and age. This condition is the result of acute malnutrition or/and chronic malnutrition.

❑ The Child in the third image portrays that his/her height is below than the standard height for his/her age, though the physical appearance seems good. In this case, the linear growth of the child might be impaired due to chronic malnutrition.

❑ Fourth, the last imaged child apparently seems well nourished in terms height and weight, however, there are might be micronutrients deficiencies in the body of the child.

These are the different forms of malnutrition. So, only seeing skinny does not denote malnutrition. It looks outwardly normal and healthy, despite irregular eating habits. In this case, there is a possibility of the deficiency of important micronutrients such as iron, calcium, and zinc etc. These deficiencies may result in impaired desirable growth and development. For this, there is no exception of having a diversified, balanced, and moderate eating habit in the adolescents' period to ensure proper nutrition and development.

Iron :

1. Iron is vital to oxygen transport
2. Raw materials for blood cells formation
3. Optimal immune function requires iron
4. Prevent nutritional anemia
5. Essential for optimal brain and nervous system development

Sources of Iron :

In terms of both amount and bioavailability, liver (beef, mutton, and poultry) is an excellent dietary source of iron. The other sources of iron are meats, fish, lentils, pumpkin seeds, bean, pea-pod, spinach, arum spinach, cauliflower, etc. Vitamin C consumed with iron-containing foods enhances the absorption and improves the bioavailability of iron.

Calcium :

1. Forming and maintaining bones
2. Forming teeth
3. Plays a central role in muscle contraction
4. Prevent bone loss in the geriatric age

Sources of Iron:

Dairy products (such as milk, yogurt, and cheese etc) are the best source of calcium in the diet. Other significant sources of calcium are small fish and green leafy vegetables such as spinach, okra etc. Calcium absorption drops dramatically if vitamin D status is poor.

Iodine :

1. Prevent goiter (enlarged thyroid gland)
2. Support brain development
3. Keep balance of the body temperature
4. Balance the production of growth hormone

Sources of Iodine :

Daily 5 g intakes of properly iodized table salt can meet the need of iodine in the body. Since the ocean is the best iodine source, the best food sources of iodine are ocean products such as kelp and sea fish.

Adolescents Nutrition Development Project

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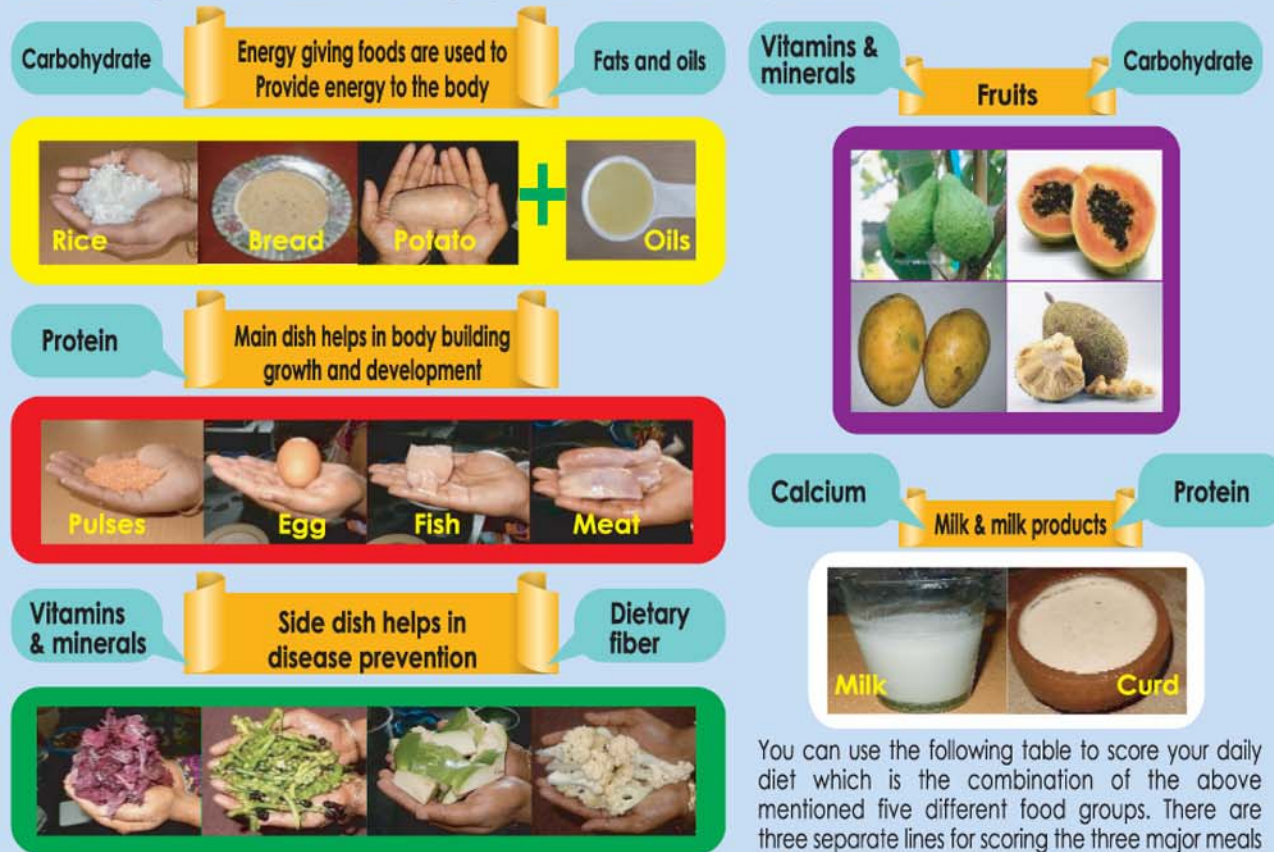
With full of vigour

want to grow up



Concept of balanced diet :

A balanced diet provides all the nutrients in a moderate amount that are essential for the body. So balanced diet cannot be obtained from a single food or dish. Variation in diet balanced by the moderate intake of each food provides all the essential nutrients for energy production, body building, and disease prevention. In the following figure, our daily foods in the diets are categorized into five different food groups based on the foods component and their functions-



score of a food group from where the food is chosen for a major meal. Adding up all the scores from the three major meals will be the final score of your daily diet. The total score will be...

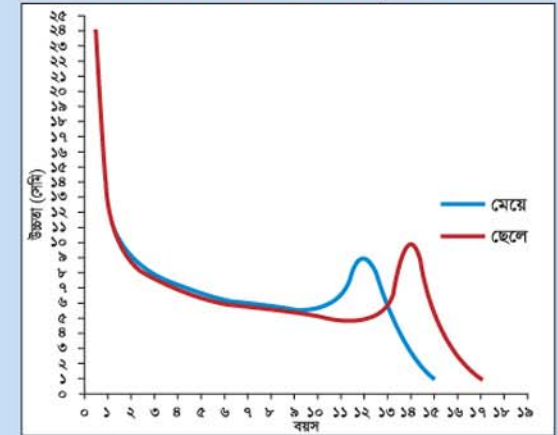
■ 0 to 10 = Very less ■ 11 to 13 = Less ■ 14 to 16 = Medium ■ 17 to 19 = Very good

Meal	Energy giving foods	Main dish	Side dish	Fruits	Milk & milk products	Total Score
Breakfast	1	2	2			
Lunch	1	2	2	2	2	
Dinner	1	2	2			

It should be noted that if a different combination of foods within a food group is consumed at the same time in a specific meal, the score will remain the same. For example, if both fish and meat are eaten as the main dish at lunch, a score of 2 will be given;

the score will also remain the same if either fish or meat is eaten as the main dish. Similarly, eating both rice and potatoes in a meal will be able to score same as eating either rice or potatoes. A score of 2 will be given for consuming foods once or more than once in a day from each of the fruits and milk/milk products food groups.

০ থেকে ১৯ বছর বয়স পর্যন্ত উচ্চতা বৃদ্ধির রেখাচিত্র।



Why nutrition is very important at the secondary school-aged period?

Students of secondary school usually encompass ages of 11 to 16 years. Rapid physical changes are being observed at this age. The period of gradual transition from childhood to adulthood that normally begins at this age characterized by rapid growth. The secretion of growth hormone reaches its peak at this age which results in a rapid physical and linear growth. The linear growth spurt occurs at the age of 14-16 years in the case of boys and at the age of 12-14 years for girls. Along with the linear growth, the following important issues are also initiated at this age-

- Physical development (bone, muscle, and different organ development)
- Brain development ■ Blood cells formation
- Preparation for being a mother in later life

Usually, nutrients demand increases to meet the above mentioned physiological development and functions of the body. Essential nutrients supply is essentially required to assure the appropriate growth in this crucial period of development. Though it is apparent that growth and development slow down at the age of 18, it continues and completes at the age of 20.

Never forced a girl into marriage at least before her 18 birthday & after 20 should be the age of pregnancy