



Nowadays children prefer to go out for picnics, birthday parties and shopping malls. The food available in such places is not hygienic. The parents should take proper care at such places. Avoid watching television while eating. The child learns from elders, so the elders should practice eating healthy and nutritious food. Children should be allowed to choose their food. If the child is not interested in eating apple, he or she should be given banana. They should be taught about the healthy food habits.

TAKE CARE OF YOUR CHILDREN

Dr. Ravindra Nath Mishra

Children are very naughty in their childhood. They like to play and make fun all the time. Children should be given extra care during this period to ensure proper growth.

The physical, psychological and sociological aspects should be taken care off. If the child's food habits are not given proper attention then it will give adverse effect later. The children should be given proper diet and told about the importance of exercise. It is the duty of the parents to take care of the children, their health and teach them good habits.

Usually a boy needs 2640 calories per day. Whereas, a girl requires only 2060 calories per day. In the same way a boy needs 78 grams of protein but a girl needs only 63 grams of protein. A boy requires 500 grams of magnesium and calcium per day but girl needs more iron than a boy.

Nutritious food is essential for the growth of a child. However

excess nutrition more than the required quantity gives adverse action. A balanced diet should be followed for the proper development.

If a 10 to 12 year child is feeling lazy or he is dull we can say that he or she is suffering from mental or physical illness. The following symptoms can be observed:

- Child is tired
- Child is short tempered
- Indigestion
- Lack of interested in studies
- Forgetful nature
- Daydreamer
- Irritated
- Not able to make new friends or not able to keep up his old friendship
- Restlessness
- Academic record is being affected

These symptoms clearly show that he or she is not receiving a balanced diet.

Aneamia in children

Children suffering from aneamia get tired frequently. This happens due to iron deficiency. Sometimes the

children also get mentally affected if they are unhealthy. To avoid anaemia the child should be given leafy vegetables. They should be given dry fruits, which contain adequate iron quantity.

Obesity

This is a common problem in the children nowadays. This can be controlled with the help of balanced diet. Children should be given fibrous food, which is available in vegetables and fruits. Avoid excessive intake of sugar in food. Fruits can be given in place of snacks. Curd is also beneficial. Children should be given healthy food grains. The child should be given home made food. Green vegetables and one fruit per day should be consumed. If you feel that your child is under weight he or she needs be given products made of sugar or cold drinks. The child should have proper breakfast, lunch and dinner at regular timings. Child should be given balanced breakfast and nutritious lunch. Avoid giving chowmine, samosa, burger and other junk food. If the child is obese then he or she should be made to play as much as possible. The child should indulge in physical exercise. Avoid oily stuff, cookies, cake, pastry and soft drinks.

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Underweight Children:

Many children are underweight in proportion to their height. Usually children eat less than required which makes the parents worried. The parents should know the choice of their children and prepare it. The children should be given food affectionately. This will result in good health and increase their weight.

Toothache:

Usually children complain of toothache and other problems. This is due to the consumption of chocolates and toffees. They should always brush their teeth before going to bed. Children should be given very less quantity of sugar.

Explain the importance of regular food habits:

Nowadays children prefer to go out for picnics, birthday parties, and shopping malls. The food available in such places is not hygienic. The parents should take proper care at such places. Avoid watching television while eating. The child learns from elders, so the elders should practice eating healthy and nutritious food. Children should be allowed to choose their food. If the child is not interested in eating apple he or she should be given banana. They should be taught about the healthy food habits.

One thing everybody should remember is that child should not be directly denied for any food item. This makes the child crave for that particular food item. The child should be made to understand with love about the ill effects of the food items, which are not good for health.