

Nilanjana R., 9 years  
Sishya School

I wonder whether I should eat the food I like or the food my mom gives me. Like me, many of my friends like ice-creams, chips, chocolates. They do not like bitter guard, spinach. My mother asked me to write this essay, in order to find what's more important-healthy food or tasty food.

Food gives us energy. We should eat a balanced diet containing various nutrients.

Eat food from all food groups for us to get proteins, carbohydrates, fats, minerals and vitamins, for being active and healthy.

For girls like me aged 9 to 13, food must have the following components.

Calories -1600 to 2200 depending on age and activity level

Protein -10% to 30% of daily calories

Carbohydrates- 45% to 65% of daily calories

Total fat-25% to 35% of daily calories

Sodium-1500mg a day

Fiber- 26g a day

Calcium- 1300mg a day

Daily we must have breakfast, lunch, dinner and:

- Five Servings of fruits and vegetables. They are rich in vitamins, minerals, fiber and other substances that are important for good health. They have low calories and fat.
- Three servings of milk, yogurt, cheese.
- We must drink water and coconut water instead of sugary fruit drinks and cool drinks.
- We should eat less salt, sugar, fat.
- We should eat steam cooked foods.
- Avoid deep fried foods, fast food and junk food.

Eating balanced food, hygiene, rest, exercise, playing games, gardening are essential for being healthy. If we have our own garden we can grow fruits and vegetables organically which are more nutritious and less harmful to us.

After writing this essay, I am clear that it is very important to eat healthy food. We must not skip breakfast as it provides the energy to listen and learn in school. We children need to eat a balanced diet with enough nutrients for leading active, energetic and happy life. We must find out ways to make healthy food tasty.

After I grow I will become a scientist and make bitter less bitter gourd and spinach that taste like chocolates for the sake of tasty eaters.