

Healthy food, Healthy life

Ms. Harsha Sharma

(Asst. Professor), Motherhood University, Roorkee, India

Abstract: World's growing population by 2050 food production target will have to be doubled and simultaneously the dependence on chemical fertilizers and pesticides will be reduced. In order to achieve this goal a study of many beneficial subjects in between the plants and Micro-organisms becomes necessary. Micro-organisms become more important due to their beneficial activities, ingestion of major nutrients, and in the development of branches and roots. In general, Micro-organisms used in agriculture include species of *pseudomonas sp.* *trichoderma sp.* *streptomyces sp.* and many other Micro-organisms.

Keywords: Healthy food, Healthy life, chemical fertilizers, food production, Micro-organisms.

1. INTRODUCTION

The text given in this article will help to sensitize about the importance of *healthy food habits*. They will be able to monitor and mentor the impact of the kind of food they intake. Sometime to remain slim and trim they start following wrong practices. Youth today is also more inclined towards the junk food and electronic gadgets and is moving away from playing or taking regular exercises. This resulting in growing childhood obesity and related health problems. All health professionals have a deep concern about the issue as the health of youth determines the health of a nation.

According to the Oxford Dictionary, '**Healthy**' is defined as '*the state of being free from illness or injury*'. Indian parents have a myth that the child who is chubby and cheeky is healthy. So they show their love by over feeding the children. Child grows with understanding that over consumption is normal and it is a way of life. Children from age one onwards grows taller and heavier till they reach adolescence at a whopping rate of about 2-2.3 kg every year for weight and 2 to 3 inches for height. Globally, in 2010 there were estimated to be over 42 million overweight children below the age of five. Children eat nearly twice as many calories (770) at restaurants as they do during a meal at home.

2. CONCLUSION

Keep them physically active in order to burn extra calories and to keep metabolism geared towards using food for energy instead of storing it for fat.

Be cautious of deceiving labels.

Plan your workout schedule.

Avoid eating fast food as you can take 47% more calories than traditional Indian food.

Have a look at the following chart:

Junk food	Calorie value	How to burn it.
1 Slice pizza	250	Bicycling for 90 minutes.
1 Cheese burger	330	Swimming for 60 minutes.
1 Medium French fries	300	Jogging for 30 minutes.
1 Pastry	500	Tennis for 90 minutes.
1 Samosa	150	Dancing for 30 minutes.
200ml Cola	110	Jumping rope for 15 minutes.

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