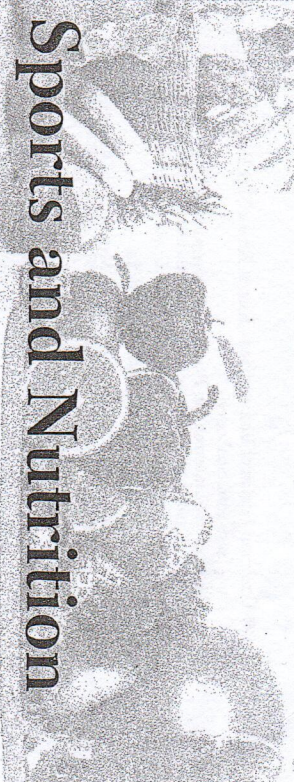


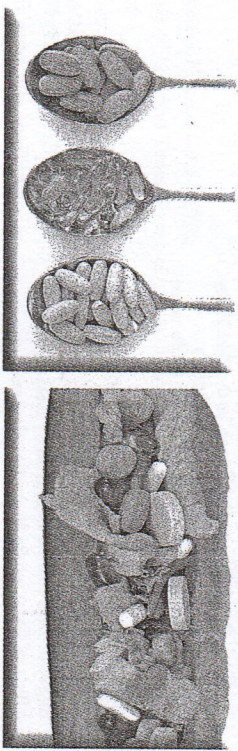
2 Sports and Nutrition



Read this new topic after Article 3.6 on page 89 of the main book.

FOOD SUPPLEMENT FOR CHILDREN

Nowadays most of the parents remain under stress and tension thinking about their children's unhealthy lifestyle. We are well aware of the fact that fast foods have become the favourite foods of majority of the children. On the other hand, highly nutritious foods rarely find place in the list of favourite foods of children. This trend may lead to the growth and development problems. The main reason being lack of proper nutrition. Parents have found a solution to this problem in the form of food supplements. So, it is essential for all of us to know about food supplements.



Food Supplements

Meaning of Food Supplement: Food supplement means a nutrient that is added to your diet to nourish your body as you are not taking this nutrient in adequate amounts in your regular diet. Food supplements generally include vitamins, minerals, fibre, fatty acids or amino acids, among other substances. These supplements may be in the form of a tablet or powder which can be added to water or milk for consumption.

Need of Food Supplements for Children: There is no doubt about the fact that food supplements play a vital role in proper growth and development of children. Though, it is not essential to consume food supplements but then this becomes necessary when there is a lack of adequate nutritious diet. In fact, it can be said that food supplements are unnecessary if a child takes a balanced diet regularly. Moreover, there are various food supplements which have no practical effect. For example, food supplement like omega-3 fatty acid has been shown to be of no benefit for healthy children. It means that if a child

takes a balanced or nutritious diet regularly, there will not be any extra benefit for her in taking a food supplement. Even some food supplements may prove to be harmful. A research study indicates that individuals who consumed vitamin E supplement had a higher risk of prostate cancer than individuals who did not consume vitamin E. Similarly, calcium supplement too has been found to put individuals at a greater risk of heart attack. In addition, food supplements may not contain all the nutrients that a child needs.

Precautions While Taking Food Supplements

For good growth and development in children, there are a wide range of food supplements. The markets are flooded with various types of food supplements for children. These food supplements provide essential nutrients that the body requires. These food supplements may act as a boon to children who are not taking balanced or healthy diet. However, when taking such food supplements, you should take the following precautions:

1. First, ensure that there is a lack of essential nutrient in a child's diet. Consult a doctor whether the child needs to take food supplements or not.
2. Before buying a supplement, ensure that it is free from preservatives, and contains no fillers or any added sugar.
3. Food supplements may be harmful if they are taken in excessive dosage, especially minerals and fat-soluble vitamins which can get accumulated in the body. Some food supplements may cause harm due to their rapid absorption in the blood stream.
4. Don't pay heed to the words of salesmen or advertisements which claim that supplements will improve the functioning of a child's brain.

After taking the previously mentioned precautions into consideration, food supplements may be taken by children for their proper growth and development. In fact, the diet of healthy children is healthy or balanced diet and exercise and not food supplements. Children who develop healthy eating habits in childhood are more likely to continue these habits throughout their life. So, it is better to encourage children to eat healthy instead of taking food supplements. They should eat healthy and nutritious foods. If, instead of such food, they will not require any food supplements. It should be kept in mind that food supplements cannot take the place of healthy as well as nutritious food.

EXERCISES

Very Short Answer Question Carrying 1 Mark (20 to 30 words)

1. What do you mean by food supplement?

Short Answer Questions Carrying 3 Marks (80 to 90 words)

2. Elucidate the need of food supplements for children.
3. Discuss the precautions for taking food supplements.

Long Answer Questions Carrying 5 Marks (150 to 200 words)

4. What do you mean by food supplement? Describe the precautions for taking food supplements.