

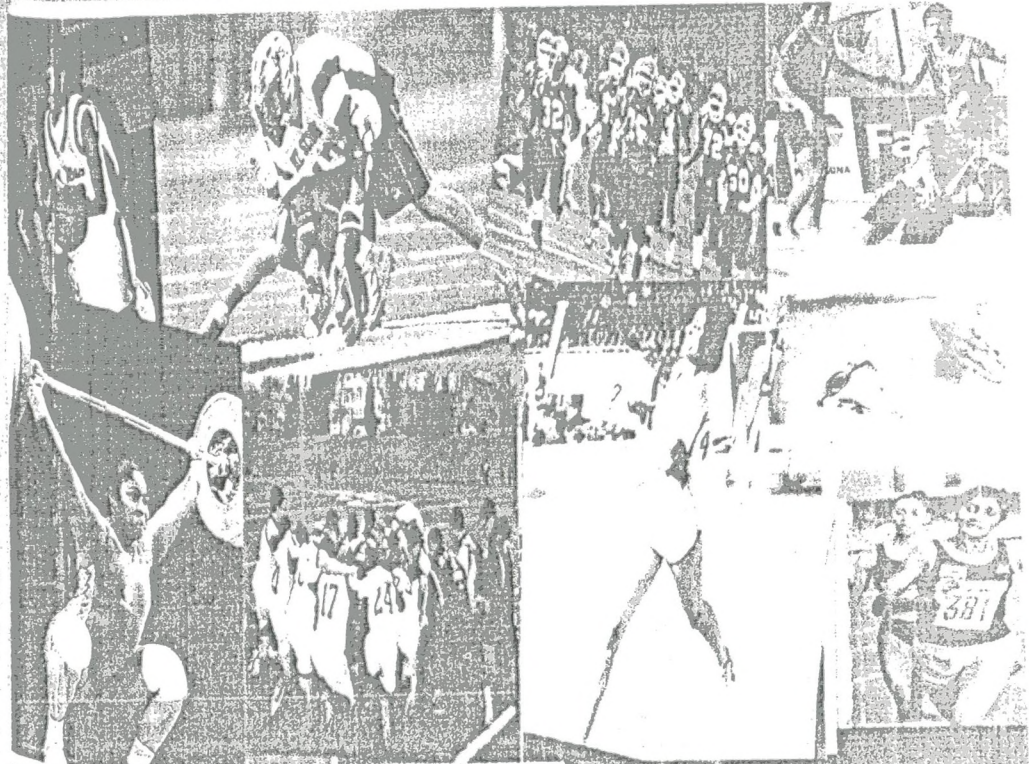
SAMYUKDHA PUBLICATIONS
 9 789381 172411
 PHYSICAL AND HEALTH EDUCATION

PHYSICAL AND HEALTH EDUCATION

B.Ed

PHYSICAL AND HEALTH EDUCATION

AS PER THE NEW SYLLABUS OF TAMILNADU TEACHERS EDUCATION UNIVERSITY



DR. A. JOTHIMANI
 DR. M. POONKOTHAJI
 S. SENTHILKUMAR

B.Ed



SAMYUKDHA PUBLICATIONS

ISBN 978-93-81724-11-8



9 789381 172411

PHYSICAL AND HEALTH EDUCATION

B.Ed.,

Dr.A.Jothimani

Physical Director,
Dr.S.N.S. Rajalakshmi College of Arts and Science,
Coimbatore.

Dr.M.Poonkothai

Assistant Professor in Zoology,
Aivinashilingam Deemed University for Women,
Coimbatore.

S.Senthilkumar M.Sc., B.Ed., M.Phil.



Samyukdha Publications

1/51, Perumalkovil Street,
Swarnapuri, Salem - 636 004
Cell : 94432 32633, 94892 02010

சமயுக்தா பதிப்பக வெளியீடு

Copyright © 2010 - **Physical and Health Education**

Edition : August, 2012

paper : 54 GSM Map Litho

Book Size : Dummy Size 8½ × 5½

E-mail: samyukdha2010@yahoo.com

எச்சரிக்கை

பிரைட் சட்டத்தின் கீழ் பதிவு பெற்றுள்ள இந்நூலில் இருந்து எப்பகுதியையும்
என் அனுமதியின்றி பிரசுரிக்கவோ, பிரதி எடுக்கவோக் கூடாது. தவறினால் சிவில்,
கிரிமினல் சட்டங்களின்படி நடவடிக்கை எடுக்கப்படும்.

Copyright Warning: No part of this book may be reproduced or transmitted in any
form or by any means electronic or mechanical including photocopying or recording or by
information storage and retrieval system without permission.

Any violation of these conditions, legal action will be initiated in civil and
criminal proceedings under the Copyright Act 1957.

பதிப்பாசிரியர் **சு.செந்தில்குமார்**

Price : **Rs. 210/-**

Physical and Health Education

1st Edition : August, 2012.

Publishing Editor : S.Senthil Kumar

Published by : Samyukdha Publications,
5/76, N.G.G.O. Colony,
Salem Road, Namakkal - 637 001.
Cell: 94422 66003, 94432 32633

Printer Bankers : Indian Bank, Fairlands Main Road, Salem.

Printer Typeset : Senthil Laser Typeset, P.Velur.

Printed by : Priyadarshini Printographs, Sivakasi.

From the desk of the Publishers:

Education aims at liberation from backwardness and being and evolutionary at developing a new type of humanity highly humane, cultured and integrated. Educational purposes, content of education is imparted and the institutional system of education are at any point of time, shaped according to the needs, demands and aspirations of the society. Vice Versa, society is deeply influenced by education which is provided for its members.

The role of teachers as the 'main actors' in the educational process. This book is attempt at exploring the centrality of goals and objectives in Teacher Education as revealed by societal concerns, philosophy of education, organizational structure, education in the Indian constitution, society and education, educational agencies and health education.

This book helps progressive teachers in improving their professional knowledge as catalyst in social change in the development of Physical and Health Education which has been brought to the forefront.

I am very grateful to **Mrs. Lata Senthilkumar**, Correspondent of K.S. Maniam Educational Institutions. I whole heartly thank **Mr.C.G. Arujun** who is the moving force of this publication and also I thank **Mr.P.Kathirvel** who designed this book,

I convey my best regards to the readers of this book.

With prayers

S.Senthilkumar, M.Sc., B.Ed., M.Phil.,

UNIT IX

Page No. 456

FOOD AND NUTRITION

- 9.1. Food
- 9.2. Classification of Foods
 - 9.2.1. Physiological Functions of Food
- 9.3. Constituents of Food
 - 9.3.1. Carbohydrates
 - 9.3.2. Fats (Lipids)
 - 9.3.3. Proteins
 - 9.3.4. Vitamins
 - 9.3.5. Minerals
 - 9.3.6. Water
- 9.4. Nutrition - Meaning
- 9.5. Balanced Diet
- 9.6. Obesity
- 9.7. Underweight
- 9.8. Malnutrition