

Class X - Health and Physical Education

Dietary Considerations and Food Quality

CBSE NOTES

Dietary Considerations and Food Quality - Quick Look Revision Guide

Your 1-page summary of the most exam-relevant takeaways from Health and Physical Education.



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Key Points

1. Define dietary planning.

Dietary planning is the process of developing meal plans for adequate nutrition within available resources, considering age, sex, activity level, and physiological condition.

2. Factors affecting meal planning.

Age, gender, physical activity, physiological state, economic considerations, time and skill, region, religion, culture, food preferences, and sensory appeal influence meal planning.

3. Nutritional needs vary by age.

Infants need mother's milk; adolescents require extra nourishment; elders need soft, digestible foods like well-cooked vegetables.

4. Gender affects nutritional requirements.

Men are more muscular; women need more iron due to menstruation. Both benefit from whole grains, fruits, vegetables, and dairy.

5. Physical activity increases energy needs.

Sitting jobs need less energy; heavy tasks like sports need more. Intensity and duration of activity also affect requirements.

6. Physiological states increase nutrient demands.

Pregnancy, lactation, and growth phases like adolescence require more calories and nutrients, e.g., pregnant women need 2200 kcal/day.

7. Economic considerations in food selection.

Seasonal, local foods are cheaper and more nutritious. Homemade food is economical compared to processed foods.

8. Importance of sensory appeal in food.

Food's appearance, taste, flavor, texture, and temperature affect its acceptance. Crisp papad and soft bread are examples.

9. Define food quality.

Food quality is judged by microbiological load, physical parameters, and chemical composition, ensuring safety and wholesomeness.

10. Role of FSSAI in food safety.

FSSAI ensures food safety in India, enforcing laws to prevent adulteration and ensure quality, with standards like AGMARK and ISI.

11. Food spoilage causes and prevention.

Caused by microorganisms, enzymes, pests. Prevented by proper storage, preservation techniques like refrigeration, drying.

12. Methods of food preservation.

Heat treatment, refrigeration, drying, adding preservatives, and radiation extend shelf life by controlling spoilage factors.

13. Define food adulteration.

Adding inferior ingredients or removing vital components from food, making it unsafe, e.g., adding starch to milk.

14. Effects of food adulteration on health.

Can cause diarrhea, vomiting, long-term issues like liver disorder, cancer. High-risk groups include children and pregnant women.

15. How to detect common food adulterants.

Simple tests like iodine for starch in milk, water drop test for milk purity, magnet for iron filings in tea.

16. Adverse effects of pesticides on health.

Pesticides can cause acute poisoning, brain damage, harm to fetus. Safe practices include washing fruits, using organic food.

17. Preventive measures against pesticides.

Use herbal pesticides, wash produce, store pesticides safely away from food areas, read labels carefully.

18. Importance of water for sportspersons.

Maintains hydration, prevents dehydration symptoms like cramps, fatigue. Drink 2-5 liters daily, more in hot weather.

19. Carbohydrates for sportspersons.

Major energy source; 3-10g/kg body weight/day needed. Timing intake 2-4 hours before events ensures energy release.

20. Protein needs for athletes.

1.2-2.0g/kg body weight/day for muscle repair. Sources include eggs, dairy, nuts. Avoid excessive intake to prevent health issues.

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