

**TOPICS ON:** AWARENESS ON STROKE and NUTRITION- IMPORTANCE OF HEALTHY FOOD & DISORDER STAGE OF JUNK FOOD

**VENUE:** SATYA SAI SCHOOL, NELLORE

**DATE & TIME:** 14<sup>TH</sup> JULY 2018

**NUMBER OF STUDENTS ATTENDED:** AROUND 120 MEMBERS

**GIVEN BY:** DR BINDUMENON and DR HARITHA (IWSA LIFE TIME MEMBERS)



SATYASAI SCHOOL, NELLORE



DR BINDUMENON's TALK



EXPLAINING WITH CHARTS

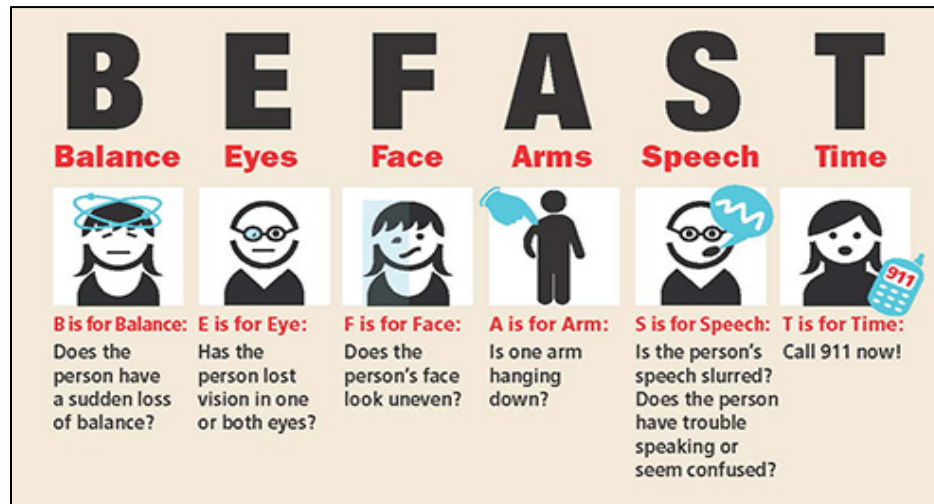


STUDENTS ATTENDED

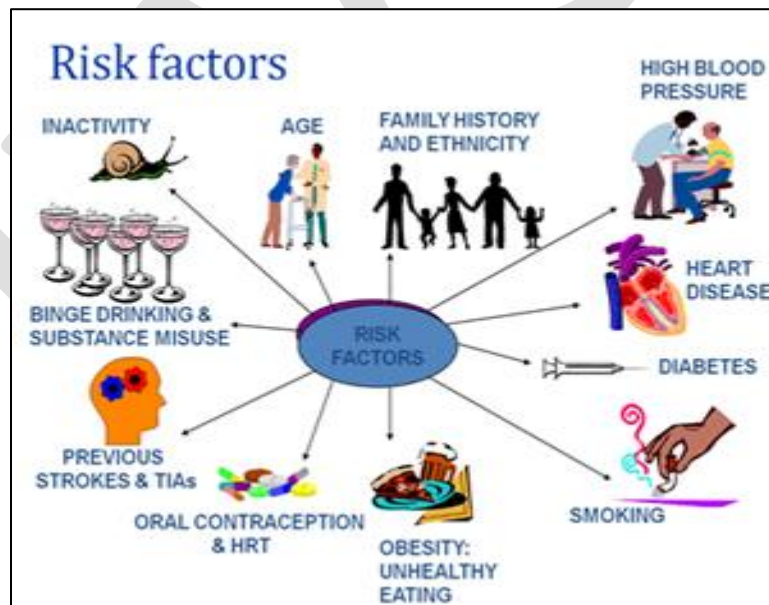
**STROKE**

A **stroke** is a medical condition in which poor blood flow to the brain results in cell death. There are two main types of stroke: ischemic, due to lack of blood flow, and hemorrhagic, due to bleeding. They result in part of the brain not functioning properly.

**BE FAST** is an acronym used as a mnemonic to help detect and enhance responsiveness to the needs of a person having a stroke. The acronym stands for **B** Balance, **E** eyes, **F**acial drooping, **A**rm weakness, **S**peech difficulties and **T**ime to call emergency services.



## RISK FACTORS



Students were so interactive with the session. Have made them understand about the importance of time in stroke and emergency treatment.

## NUTRITION



**Nutrition** is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism, and excretion.

In humans, an unhealthy diet can cause deficiency-related diseases such as blindness, anemia, scurvy, preterm birth, stillbirth and cretinism, or nutrient excess health-threatening conditions such as obesity and metabolic syndrome and such common chronic systemic diseases as cardiovascular disease, diabetes, and osteoporosis. Undernutrition can lead to wasting in acute cases, and the stunting of marasmus in chronic cases of malnutrition.

### Carbohydrate

#### Food Sources:

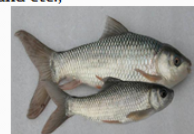
- Pasta
- Breads
- Cereals
- Grains
- Rice
- Fruits
- Milk
- Yogurt
- Sweets. and etc.,



### Proteins

#### Food Sources:

- Meat
- Fish
- Eggs
- Poultry
- Nuts and seeds
- Dairy products
- Legumes and etc.,



### Vitamins

#### Food Sources:

•Vitamin A:  
Dark green leafy vegetables  
Liver, milk, cheese and eggs



•Vitamin D:  
Fortified milk, Egg yolk, liver



•Vitamin E:  
Whole-grain breads, dry beans  
Vegetable oils, nuts and seeds



•Vitamin K:  
Dark green and leafy vegetables  
cabbage

### Fat

#### Food Sources:

- Butter
- Vegetable oils
- meats
- Dairy products made with whole milk
- Nuts and seeds and etc.,



Nutrients are thought to be of two types: macro-nutrients which are needed in relatively large amounts, and micronutrients which are needed in smaller quantities.

## Minerals

**Food Sources:**

- Calcium and Phosphorus  
Mil, cheese, Ice cream,  
Green leafy vegetables
- Iron:  
Liver, Kidney, meat, egg yolk,  
spinach, dried fruit, cereals, nuts
- Sodium:  
Processed foods, canned  
vegetables, soups, pickles, ham  
frozen food.





A type of carbohydrate, dietary fiber, i.e. non-digestible material such as cellulose, is required, for both mechanical and biochemical reasons, although the exact reasons remain unclear. Some nutrients can be stored - the fat-soluble vitamins - while others are required more or less continuously.

**Poor health can be caused by a lack of required nutrients, or for some vitamins and minerals, too much of a required nutrient.**

Finally a short quiz conducted for students to have an interactive session.

## Nutrient Basics Quiz

*Fill in the blank with the appropriate nutrient.*

1. I serve many functions in the body. I help carry nutrients to the body's cells and I also help regulate body temperature. I am \_\_\_\_\_.
2. I can be converted into energy. I am also used to build, maintain and repair body tissues. I am \_\_\_\_\_.
3. I have a bad reputation in many people's minds but I do serve many functions in the body. For example, I am the most concentrated source of energy and I also am needed for growth and healthy skin. I am \_\_\_\_\_.
4. I am the body's main source of energy and I come in two forms, simple and complex. I am \_\_\_\_\_.
5. I do not provide energy (calories) but I do help regulate many of the chemical processes in the body. You need 13 different forms of me everyday. I am \_\_\_\_\_.
6. I am depended on for nearly every process necessary for life. The body requires 16 types of me everyday from calcium to iron. I am \_\_\_\_\_.

**BE HAPPY , STAY FIT AND HEALTHY**

INSA