

HEALTH AND HYGIENE

- Health refers to a person's overall well-being- physical, social, mental.
- The World Health Organization adds to this definition by stating that health does not just refer to the objective of living but also resources for everyday life.
- Hygiene refers to practices to ensure that we have good health.
- Hygiene protects our body from diseases and helps our immune system become more robust.
- A balanced and nutritious diet is a prerequisite for good health. Fruits and vegetables have vital minerals and vitamins which we need. We must wash fruits and cook vegetables before consumption.
- Drinking sufficient fluids helps to remove toxins. We must regulate our fats and sugar intake. Milk helps to make our bone stronger.

Short Essay On Health And Hygiene

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