



Toll Free: 1800-121-5344

eat healthy
live healthy
be healthy

Oidium.tumblr.com

Lets know

What is Healthy Eating ?

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. So **"The Hotel School"** runs the **"Food production courses in India"** and educates students on the importance nutrients which includes protein, carbohydrates, fat, water, vitamins and minerals. The cornerstone of a healthy diet pattern should be to replace processed food with real food whenever possible.



Why is Healty Food important ?

The Hotel School is the one of the institutes which is conducting **“Food Production Courses in India”** and arranges event on preparing “Healthy Food” where mentors tell them about the importance of plant foods in your diet by which you can lower your risk for many diseases. These foods should be the basis of your diet along with lean protein sources such as chicken and fish and low dairy fat (or alternatives).



Benefits of Healthy Eating

The Hotel School delivers specialised sessions on Nutrition where they get to know about the benefits of having a diet rich in vegetables and fruits as part of an overall **healthy diet** which may reduce risk for heart disease, including heart attack and stroke.



Food Production courses in Delhi emphasises on the benefits of healthy eating:-

- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.

Healthy eating pyramid

Colleges which are offering **Food Production courses in India** like The Hotel School gives importance in conducting classes on “Healthy Eating Habits” as it is essential for a production personnel to be aware of these things.



Thank
you