

Name:- Dhiraj Rai

Class :- 7

Date:- 20/03/06

Rollno:- 30

Essay competition

Dhiraj Rai

Grade 7

Arniko Madhayamik Vidhalaya

ORDT Organization for Research Development & Training Pvt. Ltd.

Children's Journal. Vol 1 Issue 2 2019

Health Education

We know that Health is also known as wealth. Health is the most precious thing in our life when we fall sick we will be unhealthy and we can't go to our office for work how much he had earn money that all money is used in his/her treatment if a person is healthy he can do all the work which is given to him. Health Education is most of the easy subject in this subject there are many works in the subject health which we have to suffer in adult stages and others. from health education we can also learn that how to be healthy and what to be eaten and what to be not been eaten.

Health ^{education} teaches people to be more healthy and to do what to not to be attack from bacteria and harmful germs to be sick. We should go to hospital in one one months to check our body whether it is germ free or not we should not only go to hospital after getting sick from this we will know what our body needs and why. We should eat, drink hygienic food, drink safe water, etc. ~~or~~ or don't know I think that the life is the most precious things than the gold, silver, Diamond, Ruby, etc. They are all man-made things.

These things don't gives us to eat good food and to drink good water. We can get them by selling it ^{from}. Health education is I want to say this when people fall sick they forget to do things like

- i. They do not care in cleanliness.
- i. They do not drink much water.
- ii. They eat contaminated food.

If we eat contaminated foods, contaminated water we will be all sick and we should be admit to the hospital ~~to~~ for not being sick we can bring home-made tiffin from home and eating homemade food to get protein, calcium, vitamin etc. These all needed things are found in different kinds of foods like:-
cheese, Butter, Milk, Meat, fish, green vegetables, carrot, etc. from these we will get energy, vitamin, protein, calcium, etc. from green vegetables, carrot we get vitamin (A) which makes our eye to see more.

Dhiraj Rai
Grade 7
Arniko Madhayamik Vidhalaya

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Children's Journal
Volume 1 Issue 2 July 11, 2019

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