

NESTLÉ for  
HEALTHIER KIDS   
ESSAY CONTEST 2022



Stellar Submissions  
of Winners!

Age Group (10-12) Years

## **Essay Topic I: A balanced and nutritious diet is a prerequisite to good health**

A balanced diet mainly comprises of different types of food that makes up an ample amount of nutrients that are interpreted as imperative for a good health.

There are variety of foods that are enriched with utmost amount of vitamins. An ideal balanced diet contains all vital food groups, theses food groups are further ranked into five primary nutrients that our body requires for efficient functioning.

The carbohydrates are energy-booster food that holds starch and sugar; proteins are body building foods, fats are energy-maintaining foods; whereas all vitamins and minerals boosts up our resistance against diseases. In short all these groups are top-notch in maintaining a balanced diet.

Knowing what foods and how much of it is to be consumed is essential for good health and well-being and preventing illness. A good nutrition booster up and improves the probability of your recovery by providing your body with the crucial nutrients. It repairs and maintain its key functions, during and further periods of being unwell. This is especially the case for people undergoing surgeries, malnutrition, cancer patients and cardiovascular diseases. Good nutritions are fundamental in enhancing the immunity. The immune system acts as a defense against disease s and various infections, we can take in account coronavirus (Covid-19) that rapidly affected people around the globe raising up the death rate to the maximum. During this scenario of panic situation, the WHO made a great emphasis over maintaince of immune system.

Food is the basic material that body needs for its survival and well-being. When the food is taken in proper intervals and right amount, a person become more healthier and fitter. Eating a diet full of nutrients and vitamins with a balanced pattern can prevent from being exposed to various diseases, both chronic and acute. There are some health eating tips, follow them instantly to make your diet healthier!

Keep yourself hydrated and consume more and more water.

Don't skip your breakfast, "the king of all meals". Kick start your metabolism each day with a good breakfast.

Bulk up on greens. Eat at least five portions of fruit and vegetables each day.

Eat healthy-

live healthy!

## **Essay Topic II: Water: A must ingredient for life**

A sudden feeling of thirst arose in me and I realized that I haven't drunk water for almost 4-5 hours as I was busy in studying. I rushed to the kitchen and drank as much water as I could. This was the moment of deep realization that what importance this liquid, that neither has smell nor taste, holds in our life. I thought about the people that are deprived of this blessing. Humans, animals, plants rather each and every living cell is dependent on water.

The areas with water deficiency are always in search of water. They even use dirty water for their daily needs. The people living there are dehydrated having low immune and lots of other problems that are caused due to not drinking clean, fresh and right amount of water. NO WATER NO LIFE, a well said quote. I looked at the beautiful garden of my home and thought, Will these flowers bloom without water? Will these birds come here singing? Will these beautiful colourful butterflies come on dried flowers? The answer is obvious.

The importance of water is not only for humans, it is same for each and every living thing either it's the smallest cell of our body or whale, the biggest living creature on this planet. The whole life cycle gets effected due to water deficiency. Imagine the level of destruction that can take place in our body due to low water intake. Start drinking right amount of water and you will see the positive changes in your body.

**Essay Topic III: I'm active, I exercise! – at home, at school, outdoor!**

Body is a Gift of Allah and we need to keep it active, smart and healthy. Being physically active means sitting less and moving more. But this does not mean to put our bodies in undue stress and doing heavy exercises. Physical fitness through appropriate exercise is good for body and to keep mind fresh as well. Exercise helps to release chemicals in our brain that make us feel good and help to boost confidence, concentration on daily works and help to take a comfortable sleep as well. Exercise helps to reduce anxiety, depression and negative mood.

There are different modes of exercises which we can apply at home, at school and outdoor. At home, activities like gardening, playing indoor games are the activities that could improve our physical fitness. We can use bicycles while going to school. In school too, there shall be a period of exercise apart from break for playing. Outdoor activities may be jogging, cycling, running, playing outdoor games. Doing exercise in gymnasiums also helps to keep body parts functional, active and warm.

Robin Sharma said:

*“If you don't make time for exercise, you'll probably have to make time for illness.”*

So, we should decide whether to be healthy or ill. It is observed in life that people who keep themselves busy in exercises / physical activities do not get bed-ridden. They do work by themselves and do not be dependent on others at any stage in life. We should reserve some time for us from daily routine to do affective and conducive exercise.

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Age Group (13-16) Years

### **Essay Topic I: A balanced and nutritious diet is a prerequisite to good health**

“Your diet is a bank account. Good food choices are good investments.” Bethenny Frankel.

That is an established fact, that a good health, physically and mentally, can only be achieved through a balanced and nutritious diet. Exercise and environment play their role to enhance the well being of an individual.

The fact of the matter is, a healthy outside starts from healthy inside.

A healthy diet helps to protect against malnutrition in all its forms. Unhealthy diet and lack of physical activity are leading global risks to health. Individuals as well as governments across the world can play their role in practicing and promoting healthy life style in adopting more awareness and enhancing the importance of a balanced and nutritious diet.

Keeping a healthy body is all about balance.

As it is said, excess of everything is bad. Each of our body’s system constantly tries to stay in balance. It is this balance that keeps our body’s system functioning and helps us to maintain a stable health.

Another truth of the matter is that, there is no single path to balanced diet. A balanced diet includes a daily intake of food and nutrients which should include proteins, carbohydrates, fats, minerals, and vitamins from different food sources. Fruits and vegetables play an important and vital role in a balanced diet. Dairy products add a sufficient source to enhance the outcome of a healthy life.

World health organization and numerous other platforms consistently guide the general population and policy makers around the world to achieve the goals of adopting a balanced and nutritious life style.

In a nutshell, eat good, feel good. It’s as simple as it is.

## **Essay Topic II: Water: A must ingredient for life**

Water: The key component of life, the enabler of growth, the basis of survival for all living things! A miraculous gift by Mother Nature to nourish life of all kind on Planet Earth. Although colourless, odourless and tasteless, water is by far the most essential nutrient in our lives. Though this blessing might be disregarded by many and taken for granted, the energizing, crystal clear liquid is fundamental for existence. The wonders and benefits of water are simply fascinating.

Water is an imperative nutrient which only has a positive impact on all living things regarding their growth and survival, whether humans, animals or plants! Hydration, an optimal and essential requirement, has an impact on life and its durability. Although a necessity with uncountable usages, water is atrociously misused and wasted. Water contains minerals such as calcium, fluoride, iron, potassium and sodium. In addition to all the healthy benefits water has in store for us, it has innumerable utilisation and consumption in all areas of everyday life.

The world is made up of 75 percent water, yet in many parts, it is inaccessible for man and animals. Water is utilised in many ways, primarily for drinking purpose, other than cooking, washing, cleaning and commercial use. The intake of water is a necessity as nothing can live without water! In case of water deficiency, serious health issues such as fatigue, headache, low immunity, dryness of skin and fatality can be experienced. Any normal human being needs to drink about 2 to 3 litres every day. Yet, if a person strives to drink more water; their blood pressure will be normalised, organs and tissues will be protected, body temperature will be regulated and joints will be cushioned!

Even though water has clear benefits to life in general, people still contribute in the wastage of water. The best way to appreciate water is to let your heart flow like it, serene and tranquil.

### **Essay Topic III: I'm active, I exercise! – at home, at school, outdoor!**

Exercise is a therapy. A physical and mental therapy. It is a remedy. A treatment. The same way a cough syrup makes our throat better, exercise makes our physical, mental, spiritual and emotional state better. The more dynamic we are, the healthier our body is. Exercising is not the only way, but it is the best way, to keep our body in virtuous shape, to improve our disposition and to have a positive impact on an animated soul.

Exercise has a consequence, not only on our physique but also on our temperament, memory, and mental health. Exercise diminishes feelings of loneliness and despair. Exercise instills a go-getter attitude in people. Through exercise, the negative thoughts slowly fade away and an optimistic attitude is obtained.

Even the Japanese concept of ikigai shows that exercising – yoga, meditation- is a crucial point to living an elongated and contented life. Studies portray that individuals who exercise live a better life than those who don't.

Walter Breuning, who lived up to 114 years stated, **“Your mind and your body. You keep both busy. You'll be here a long time”** he said this at the age of a 112 and he used to still exercise.

Metabolism slows down 90 percent after 30 minutes of sitting. Just getting up and moving around for 5 minutes is good to get things going. It's so easy but ever so essential for both our nervous and cardiovascular system. In conclusion we need exercise. Wherever we are, whoever we are, we need exercise – to live life and to love life. A good diet means having milo and Nesquik to give us the energy we need for exercise. Because a better life and a better future can only be obtained by a good diet along with exercise.