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Habit formation in coming generations for eating healthy diet, exercise and reading positive quotes daily for healthy and satisfactory life and society through teaching the trio in primary and secondary schooling

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We first make our habits, and then our habits make us.” – John Dryden. Body and soul are main constituents of human. To nourish body it needs exercise and nutritive food, while soul gets nourished through reading positive quotes or thoughts. A habit is a routine of behavior that is repeated regularly and tends to occur subconsciously. First you have a cue, which is what triggers the habit. Then you have a routine, which can be physical, mental, or emotional. Then finally, you have a reward which helps your brain decide if you should make this routine a habit [Fig. 1]. A healthy diet is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate calories. A healthy diet, in addition to exercise, may lower disease risks, such as obesity, heart disease, type 2 diabetes, hypertension and cancer. Reading positive quotes seep positivity through the subconscious mind and further helps in identifying positivity in almost everything and everyone, we meet ends with in daily life. Just a few minutes of reading each day and one can relieve all the pain and mental stresses from personal and professional life. The world is suffering from various kinds of diseases, stress and pressures. Bad eating habits, lack of exercise and reading is responsible for this situation. . As John Dewey says “Education is not preparation for life; education is life

itself”. To reposition the life of human being and make it healthy, happy and satisfied let us include the courses like ‘Principles of Healthy Living’ in primary and secondary schooling throughout the world. Which contain the syllabi related to methods and motivations for eating healthy diets, doing regular exercise and reading positive quotes daily. This will surely minimise the diseases percentage to negligible and increase the health, peace, and satisfaction in of the world making it heaven. We are what we eat and what we read.

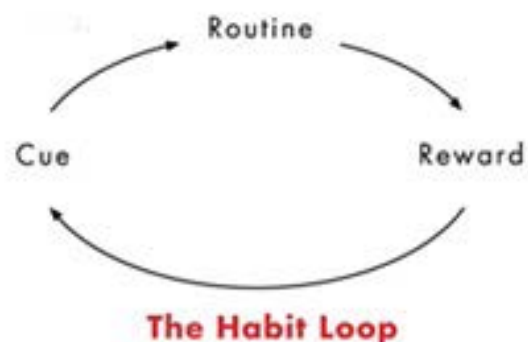


FIG. 1 THE HABIT LOOP PROCESS [SOURCE: POWER OF HABIT BY CHARLES DUHIGG]

Biography

Fayaj L Pathan is Associate Professor in the Department of Food Science and Technology at MIT Art, Design and Technology University, Pune India. He is Pursuing Ph.D. in Food Science from Institute of Chemical Technology, Mumbai, India. For his teaching excellence at MIT College of Food Technology, the management of MIT Art, Design and Technology University, Pune presented him Best Teacher Award and Citation of Honor in Teacher's Day Celebration on 5th Sept. 2017. He serves as an Editorial board member and review board member of more than 5 international Journals.

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