

## CHARTS ON FOOD AND NUTRITION

Laminated & Fitted With Best Quality Plastic Rollers Or Rigid Chemical Lamination, Aluminium Frame with Markable Surface.  
Size 70 x 100 cm. Set of 10 Charts.

- FN01 **OUR FOOD :** Chart shows various components and functions of food. It also illustrates food pyramid mentioning balance diet and daily requirement of nutrients by different age groups.
- FN02 **PROTEINS :** Chart shows both animal and plant sources of protein. It also explains various functions performed by proteins in our body and some special conditions of high protein needs.
- FN03 **FATS :** Chart shows a brief classification of fats with a mention of essential fatty acids. It also shows some of the important functions and sources of fats.
- FN04 **CARBOHYDRATES :** Chart shows classification of carbohydrates as simple and complex with their various functions in the body. It also shows various foods rich in carbohydrates.
- FN05 **VITAMINS :** Good explanatory chart depicting both fat soluble and water soluble vitamins with their various sources and reasons of requirement in the body.
- FN06 **MINERALS :** Important minerals like Sodium, Iron, Calcium, Iodine etc. required in our body to live a healthy life are shown in the chart. Chart also shows various functions they perform and their sources.
- FN07 **WATER & ROUGHAGE :** Chart shows the importance of water and roughage and some major functions performed by them in the body. Chart also gives a good knowledge about their sources.
- FN08 **DEFICIENCY DISEASES :** Chart shows the havoc conditions arised due to deficiency of various nutrients in the body and their symptoms. The understanding of chart will indicate the importance of good balanced diet.
- FN09 **OVER NUTRITION DISORDERS :** Chart shows that not only deficiency but also the over consumption of food is not good for health. Various overnutritional disorders with their causes and symptoms are depicted in the chart.
- FN10 **FOOD'S NUTRITIVE VALUE :** Chart shows the nutrient's composition of various common foodstuffs in a tabular form.



## CHARTS ON AIDS

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Printed on Polyart Synthetic Paper. Size 70 x 100 cm. Set of 8 Charts.

- AS015 **HIV:** showing structure and mechanism of infection of Human Immunodeficiency Virus
- AS025 **TRANSMISSION OF HIV:** explaining different ways which can spread the HIV infection and cause AIDS.
- AS035 **PREVENTION:** showing various measures which, when adopted, prevent transmission of HIV infection.
- AS045 **HOW AIDS IS NOT TRANSMITTED:** showing various routine tasks which are not involved in transmission of HIV.
- AS055 **PROGRESS OF INFECTION:** showing how HIV infection typically progresses through various stages.
- AS065 **OPPORTUNISTIC DISEASES:** depicting complications which an AIDS patient develops that otherwise wouldn't normally occur in a person with a healthy immune system.
- AS075 **SEXUALLY TRANSMITTED DISEASES:** showing various sexually transmitted diseases which increase the chances of acquiring HIV infection by an individual when exposed to the virus.
- HP265 **HUMAN IMMUNE SYSTEM:** showing different organs involved in a healthy immune mechanism. As AIDS progressively weakens the immune system, chart gives an outline of functions of Immune System to better understand what AIDS can do.

