

Hockey: nutrition and national game assignment



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Importance of hockey Despite the ever-growing popularity of cricket, Hockey has managed to still be the National Game of India. The peak time of Indian hockey team was from 1928 to 1956, when it brought all the six consecutive Olympic gold medals home that were held during those years. Hockey was chosen as the National Game because of the team's unparalleled distinction and matchless talent at the time. During the phase, India had played 24 Olympic matches and won all of them scoring 178 goals and conceding only 7 goals.

The only other achievements of the team later that are worth mentioning are the gold medal in the 1964 Tokyo Olympics and the gold medal in the 1980 Moscow Olympics. The black magic Indian touch and their ball juggling feats have become almost extinct now. Perhaps we need better coaches, more finances and facilities and more practice on AstroTurf, which has a faster surface than the grass, where Indians have to practice.

It will be a good idea to train the talented children in hockey right from school level, providing them the necessary funds, training and facilities to preserve the Indian glory. Today all the people are interested in playing games such as cricket, football in our country. But people are not showing interest in the game hockey. Since hockey our national game. Most of the schools and colleges are having ground only for football and cricket. Not for hockey. Some people won't do no the captain of the hockey game.

Not so far in India study channel there is no category for our national game hockey. So this must be changed. I am not mentioning that playing cricket and football is not a wrong thing but at the same time please give the

same importance to the game hockey. There are also subtypes of hockey have been introduced- like field hockey, ice hockey, roller hockey, street hockey etc. Hockey is a family of sports in which two teams play against each other by trying to maneuver a ball or a puck into the opponent's goal using a hockey stick.

In many areas, one sport is generally referred to simply as hockey. The word hockey itself is of unknown origin, although it is likely a derivative of *hoquet*, a Middle French word for a shepherd's staff. 3] The curved, or "hooked" ends of the sticks used for hockey would indeed have resembled these staves. Junk food Junk food is a derisive slang term for food that is of little nutritional value and often high in fat, sugar, salt, and calories. 1][2][3] It is widely believed that the term was coined by Michael Jacobson, director of the Center for Science in the Public Interest, in 1972. [4] Junk foods typically contain high levels of calories from sugar or fat with little protein, vitamins or minerals. Foods commonly considered Junk foods include altered snack foods, gum, candy, sweet desserts, fried fast food, and sugary carbonated beverages. [5] Many foods such as hamburgers, pizza, and tacos can be considered either healthy or Junk food depending on their ingredients and preparation methods. citation needed] The more is not Junk food can also depend on the person's class and social status, with wealthier people tending to have a broader definition while lower-income consumers may see fewer foods as Junk food, especially certain ethnic foods. Despite being labeled as "Junk," consuming such foods usually does not pose any immediate health concerns and is generally safe when integrated into a well balanced diet A study in 2008 suggested that Junk food consumption alters

brain activity in a manner similar to addictive drugs like cocaine and heroin.

9] After many weeks with unlimited access to Junk food, the pleasure centers of rat brains became desensitized, requiring more food for pleasure. After the Junk food was taken away and replaced with a healthy diet, the rats starved for two weeks instead of eating nutritious fare. 10] A 2007 British Journal of Nutrition study found that female rats who eat Junk food during pregnancy increased the likelihood of unhealthy eating habits in their offspring. 11] A report published in the Journal of the Federation of American Societies for Experimental Biology suggests that babies of mothers with a high-sugar and high-fat diet while pregnant are more prone to Junk food themselves. The study was conducted on rats and suggests that pups “ whose mothers eat excessive amounts of high-fat, high-sugar Junk foods when pregnant or breastfeeding are likely to have a reater preference for these foods later in Junk food can be appealing for a variety of reasons, including convenience, price and taste.

For children, who do not always understand the health consequences of their eating habits, Junk food may appear especially appetizing. However, regularly consuming fattening Junk food can be addictive for children and lead to complications like obesity, chronic illness, low self-esteem and even depression, as well as affecting how they perform in school and extracurricular activities.