

# **Importance of Balance Diet**

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**Abstract:** *In order to achieve the status of a developed nation, a first class mind of human capital is an important asset to the country. In moving towards an era of globalization and modernization, human capital should be knowledgeable, confident, dynamic, innovative, creative, as well as physically fit and active. Balanced diet can have a positive impact on a productive workforce and helps them meet the criteria of the first-class minds which are working towards agility, accuracy of work and employment success. Such minds lead to the achievement of high income, good health and the formation of values and good habits that give prosperity to one's life. Thus, a lifestyle with a balanced diet is one important element in maintaining the health and vitality of human capital.*

**Keywords:** Balanced diet

## **I. INTRODUCTION**

Nutrition are substances that are needed to live and grow or a substance used in an organism's metabolism which must be taken in front of its surroundings. It is used to build and repair tissues, regulate body processes and is converted and used as energy. Excellent human capital development with mental and physical fitness is very important to create productive assets for the country. Malaysia is now in the journey towards achieving Vision 2020 in which our country will become a developed country in a holistic manner. One emphasis in the National Mission is the development of human capital for the country's future success that is dependent on the quality of its human capital either intellectually or with respect to personality. This is in line with the National Philosophy and national educational goals which is to produce a balanced and harmonious human capital in terms of intellect, spirituality, emotional stability and physical strength.

### **Objectives:**

According to Schultz (1971), there are five categories that can be focused in enhancing human capabilities, in turn to produce human capital, namely:

1. Health facilities and services
2. On-the-job training
3. Provision of formal education at the primary, secondary and tertiary levels.
4. Learning programs for adults
5. Migration of a person or family to get better career opportunities.

### **Balanced Diet:**

A balanced diet is essential for the growth and development of infants and children. A good practice of a healthy diet is important, regardless of age and level of intelligence (Ministry of Health, 2012). Nutrients taken should be balanced to ensure a good diet and healthier life. Nutrients include carbohydrates, proteins, fats, fibers, water, vitamins, and minerals. All these classes will be the contents in daily foods served either individually, in combination or may include all the seven classes. P

## **II. RESEARCH METHOD**

In this study, an observation will be done in the defined population, together with the set of survey questionnaires which will be randomly distributed.

### **III. CONCLUSION**

Excellent human capital development of mental and physical fitness is very important to produce the country's productive assets. Food is one of the fundamental factors in human development that helps the healthy development of human capital in terms of physical, emotional, spiritual and intellectual growth. Therefore, a balanced diet is essential for the development of physical and mental capabilities of students in shaping the next generation with first-class minds, as well as forming a community of excellence in education and social life.

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