A native of Mexico, Chikoo (better known as sapodilla or sapota) is a sweet tropical fruit cultivated extensively in coastal India. Mostly oval or round in shape, this small brown fruit is either grainy or smooth. Hard, gummy and harsh when immature, Chikoo becomes pulpy and juicy when ripe. Eaten fresh, it makes a tasty addition to desserts.

Low in saturated fat, cholesterol and sodium, Chikoo is a rich source of pre-digested sugar glucose that supplies most of the energy our body needs in an instant and easily transportable form. Chikoo is a great source of Vitamin C and dietary fibre, and rich in potassium, magnesium, calcium, iron, phosphorus and protein. While fibre is good for constipation, the absorbable iron content makes it a refreshing and inexpensive option for those with anemia. Its protein content helps build tissues while the calcium-phosphorus ratio helps withstand strain and exposure to disease. But with Chikoo, nature has provided an entire natural pharmacy that eliminates the need for costly prescriptions. The fruit is in season now — go out and gorge.

Decoding Dandruff

Dandruff is just as common in children as it is in adults, although there are a handful of causes that are more prevalent in children. Medically speaking, it is a condition where the skin cells on the scalp are produced in excess, which gives rise to irritation and itching. It might arise from an imbalance of your normal body function whereby the metabolism is disturbed. This comes in two different forms — dry and greasy. Dry dandruff appears silvery and white while greasy flakes appear pale yellowish and may have an unpleasant smell.

As long as kids are active they can eat anything

The truth: If only that were the case! Even slim children are putting themselves at risk of becoming adults with high cholesterol and high blood pressure if they eat too much high-fat food or sugar-rich sweets.

Acne

Is the name for those red bumps called pimples that a lot of kids and teens get on their skin. When your skin’s oil glands make too much oil, the tiny holes on your skin called pores get stopped up with oil, dead skin, and bacteria. Then the skin around these clogged pores can swell and look lumpy or red. Usually, this happens during adolescence.

Inflamed hair shaft (pimple)

Inflammation

Plug

Body Beautiful

Tinned or frozen fruit and vegetables is not as healthy as fresh

The truth: In fact, frozen or canned fruits and vegetables can be just as nutritious and as fresh because of the way they are now processed and packed. Many canned and frozen fruit and veggies are bursting with nutrients. This is because they’re processed within hours of being picked and fewer nutrients get lost in the freezing or canning process.

Kids need to rest after a busy week at school

The truth: Kids have a lot more energy than we give them credit for! They should not spend every weekend playing computer games; get them out and about. Encourage them to join a Saturday morning sports club or do something active as a family.

The myth: Kids have a lot more energy than we give them credit for! They should not spend every weekend playing computer games; get them out and about. Encourage them to join a Saturday morning sports club or do something active as a family.