

# HERE'S HOW WATCHING Cooking Shows May Motivate Kids To Eat Healthy Food



Agencies

**M**aking a picky kid eat healthy food is a hell of a task. However, to make the task easier, a study suggests making kids watch more healthy cooking shows. As per a recent report by CNN, the study published in the Journal of Nutrition Education and Behavior shared that children with cooking program watching habit come across healthy foods more often. They were over twice as likely to choose healthy snack as children who watched a cooking show featuring unhealthy foods. "If you promote healthy foods to children, it can be beneficial to improve their intake," said Dr Frans Folkvord, lead author of the study and assistant professor at the School of Humanities and Digital Science at Tilburg University in the Netherlands. "For parents, it's important that they promote healthy foods during day time by different methods, and one of the methods is these cooking programs," he shared.

While conducting the study, researchers interviewed 125 children of 10 to 12 years old to watch 10 minutes of a Dutch TV show designed for children. Some watched a clip featuring healthy foods, while others watched a video featuring less healthy, energy-dense foods.

To avoid any confusion around the perception of healthy food these children answered on a 10-point scale how healthy they perceived the foods shown in the cooking program, ranging from zero (very unhealthy) to 10 (very healthy).

The healthy foods clip featured tomatoes, onions, brussels sprouts and other fruits and vegetables. The clip that centred on unhealthy foods showed hamburgers, French fries with mayonnaise and croissants.

The videos depicted contestants from Dutch schools battling each other in the kitchen by cooking dishes themselves, tasting it and having to answer questions about the ingredients they thought were needed to make them.

As a reward for participating in the study, the kids were offered a snack, which they could choose from a set of options.

In the healthy food group, more than 41 per cent of children chose a healthy snack such as an apple or cucumber slices. In an unhealthy condition, 20 per cent of children chose a healthy snack.

**TO AVOID ANY CONFUSION AROUND THE PERCEPTION OF HEALTHY FOOD** these children answered on a 10-point scale how healthy they perceived the foods shown in the cooking program, ranging from zero (very unhealthy) to 10 (very healthy).

## Structural Features Of Donor's Kidney May Predict Recipient's Compatibility

Agencies

**A** donor's kidney structure may predict the success or failure of kidney transplant in the recipient's body, a new study as suggested. The findings will appear in the upcoming issue of JASN.

The study may help clinicians as they evaluate the quality of organs at the time of transplantation. The quality of donated kidneys obtained from living donors is often inferred from their age, risk factors, and kidney function.

Although living kidney donors are extensively evaluated to ensure that they have good health and

that they do not have any medical conditions that would disqualify them from donating, subtle injuries in the donated kidney tissue may not be detected through standard evaluations.

When a team led by Andrew Rule, MD and Naim Issa, MD (Mayo Clinic, in Rochester) evaluated 2,293 kidney donor-recipient pairs, the investigators discovered that some very subtle structural features of the donated kidney may influence the longevity of the kidney function.

For example, minimal scarring of the kidney or hardening of its vessels, as well as a larger size of nephrons-

the microscopic functional units of the kidney—observed in biopsies at the time of donation were associated with a shorter lifespan of the transplanted kidney in recipients, regardless of other donor or recipient characteristics that are known to affect the longevity of donated kidneys.

"We think that these subtle features in the living donor kidney make the recipient more susceptible to lose the kidney transplant over time," said Dr Issa.

"These important findings may provide insights into previously unrecognized predictors of kidney transplant failure in recipients," Dr Issa concluded.

## 5 Best Kept Secrets For Healthy Skin



Agencies

**H**ealthy and radiant skin is not something you can achieve in a week or even a month. A mix of healthy habits, and daily routines can contribute to better, healthier skin in the long run. Follow these steps to begin your journey to healthier skin today.

You are what you eat. This adage still holds true and it is important to add skin-friendly foods to your diet. Consume nuts such as almonds as they contain healthy fats and vitamin E (alpha-tocopherol) which have been shown to impart anti-aging properties that may benefit skin health.

**Hydrate regularly**  
Drink around 8 glasses of water daily. It will do wonders to your skin! Another great thing you can do is add vegetables such as leafy greens, gourds (cucumber, ash gourd, bottle gourd, snake gourd, ridge gourd) and

tomatoes that have high water content. Also, include beverages such as herbal teas, coconut water, buttermilk, fresh lime juice to your daily routine for healthier skin.

**Trying managing your stress levels**  
Stress increases cortisol levels that reduces the skin's ability to hold moisture. For clearer skin, it is imperative to reduce your stress levels. There are several ways to maintain a calm mind and one such way is to practice yogasana or meditation for about 10 - 15 min every day. It is recommended to do this in the morning, before you begin your day and in the long run, you will notice a positive impact on your skin's health.

**Exercise regularly**  
Sweat it out! Any form of exercise is good for overall health and especially for your skin. Working out regularly helps in accelerating the cleansing process of your body. For many, accommodating a regular fitness regime in your busy lifestyle

might seem hard in the beginning, as you might tend to feel hungry immediately after a workout.

In such a case, to avoid binging on unhealthy food, keep a handful of roasted almonds handy as they make for a tasty and healthy post workout snack. Added to that, almonds are a rich source of protein, a nutrient which is not only energy-yielding, but also known to contribute to growth and maintenance of muscle mass.

**Quit smoking**  
Smoking accelerates the normal process of aging and causes unfavourable skin changes. Skin damage is irreversible and it is important to take steps to prevent premature wrinkles. The first step is to stop smoking.

It is also important to add skin-friendly foods to your diet. A new pilot study by researchers at the University of California, Davis found that the addition of almonds as a part of your beauty routine helps to reduce skin wrinkles.

## 'Novel Protein May Help Prevent Tooth Decay'

Press Trust Of India

**R**esearchers have developed a small protein that coats tooth surfaces, helping prevent new cavities and heal existing ones, an advance that may lead to oral gels that can be applied safely to prevent dental caries.

According to the researchers, including those from The University of Hong Kong, cavities, or dental caries, are the most widespread non-communicable disease globally.

They said getting a cavity drilled and filled at the dentist's office can be painful, but untreated caries may lead to worse pain, tooth loss, infection, illness, and sometimes even death.

While conventional treatment for cavities involves removing decayed tissue, and filling the hole with materials like amalgam, or composite resin, the study, published in the journal ACS Applied Materials & Interfaces, said this



procedure can damage healthy tissue, and cause severe discomfort for patients.

In the study, the researchers aimed to prevent colonisation of the tooth surface by plaque-form-

ing bacteria which cause cavities, and reduce demineralisation, or the dissolving of tooth enamel while natural repair processes take shape.

They developed an anti-cavity coating based on a natural anti-

microbial small protein called H5 which is produced by the human salivary glands.

According to the study, H5 can adsorb onto tooth enamel, and destroy a broad range of bacteria and fungi.

The researchers then modified H5 to include an additional chemical group called phosphoserine to attract more calcium ions to repair the enamel than natural H5.

Comparing the tweaked protein with natural H5, they found that the modified one adsorbed more strongly to the tooth surface, killed more bacteria, and inhibited their adhesion, and protected teeth from demineralisation.

However, both peptides promoted remineralisation to a similar degree, the scientists said.

People could someday apply the modified peptide to their teeth after brushing as a varnish or gel to protect against tooth decay, the researchers added.

## Men Care About 'Likeability' In Interactions With Opposite Sex



Agencies

**W**hile for women, likeability is an influential factor in all interactions, men care for it only in interactions with the opposite sex, suggests new research.

The study, published in The Economic Journal, found that likeability matters in interactions between women, as well as interactions between men and women, but not in all-male interactions.

The results suggest that the likeability factor leads to considerable advantages in terms of average performance and economic outcomes for men.

"Our results hint at the existence of a likeability factor that offers a novel perspective on gender differences in labour market outcomes," said Leonie Gerhards, the paper's lead author from the University of Hamburg in Germany.

"While likeability matters for women in every one of their inter-

actions, it matters for men only if they interact with the opposite sex," Gerhards said.

For the study, the researchers conducted experiments where participants rated the likeability of other participants, based on photographs.

The participants were divided into pairs, shown the photograph of their partner beforehand, and learned how their partner rated them.

The pairs then played games with each other where rewards depended on the degree of cooperation.

In one version, participants chose to contribute any integer value out of an initial endowment of 6 euros to a joint project. Overall, men contributed on average 4.05 euros, and women contributed 3.92 euros.

Researchers found that in same-sex pairings, men in low as well as high mutual likeability teams contributed similar amounts, suggesting likeability was not a factor in determining contribution.

## Bacteria In Household Dust Can Spread Superbug Genes: Study



Press Trust Of India

**B**acteria living in household dust can spread genes that provide antibiotics countering ability to others, according to a study which may lead to new interventions to tackle drug resistance in microbes.

Although most bacteria are harmless, the study, published in the journal PLOS Pathogens, said these genes could potentially spread to disease causing, pathogenic microbes, making infections more difficult to treat.

"This evidence, in and of itself, doesn't mean that antibiotic resistance is getting worse," said Erica Hartmann, study co-author from Northwestern University in the US. "It's just one more risk factor. It's one more thing that we need to be careful about," Hartmann added.

According to the study, bacteria can share their genes either by dividing, or via horizontal gene transfer in which a bacterium makes a copy of its genes, and swaps them with a neighbour.

The primary method for

spreading antibiotic resistance genes among species, the researchers said, is by horizontal gene transfer.

Bacteria share many different types of genes in this way -- as long as the genes have mobile segments of their genetic material, the molecule deoxyribonucleic acid (DNA), they added.

Hartmann and her team have found for the first time that antibiotic resistance genes in dust microbes have these mobile capabilities.

"We observed living bacteria have transferable antibiotic resistance genes," Hartmann said.

"People thought this might be the case, but no one had actually shown that microbes in dust contain these transferable genes," she added.

According to the scientists, disease-causing microbes can hitchhike into homes and mingle with existing bacteria.

"A nonpathogen can use horizontal gene transfer to give antibiotic resistance genes to a pathogen. Then the pathogen becomes antibiotic resistant," Hartmann explained.