

## Eat more fish, build an IQ-rich nation: NMST



Fish constitutes a large part of Bengali's daily diet. However, with the passage of time, there have been many changes in eating habits. Many people in the current generation do not want or like to eat fish. They prefer processed fast food or meat. National Museum of Science and Technology-NMST is working to create awareness in this regard. As part of this, a science lecture titled 'Eat more fish, build an IQ-rich nation' was organized at the science museum campus on Wednesday with the participation of teachers and students of Dhaka's Daffodil International College. By participating in the science lecture, the students discussed the nutritional properties of fish and the importance of including different types of fish in the diet. Small fishes in particular meet the needs of the human body for essential vitamins. So, students give their opinion about keeping small fish in the daily diet. In the Science lectures, the point came out was that, *Mala, Dhela, Chanda, Punt, Tengra, Kachki, Batasi* fishes have sufficient amount of Vitamin A, Calcium, Zinc, Iron, Phosphorus, Protein, Vitamin D. Especially, if we talk about the eyes, then such small fishes are very beneficial for the eyes because of the high content of vitamin-A. The protein stored in small fish helps in the formation of new eye cells. Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA) are found in small fish that help keep the heart healthy in adults. Helps maintain brain function and brain development in children. Small fish are very beneficial for the body as they contain sufficient amount of calcium. Keeps body bones strong and removes eye problems. In this context, Director General of National Museum Science and Technology-NMST, Mohammad Munir Chowdhury said, "Currently, the tendency of children and teenagers to eat fish is decreasing. There is a growing tendency among the youth to eat meat, especially junk food, which is not healthy. Scientific studies show that eating fish increases children's IQ and even improves eyesight. Every 100 grams of small fish contains 14-19 parts of meat. Doctors recommend eating small fish for children's brain power and psychological development. So, parents have to play a leading role in this."



Students of Daffodil International College, Dhaka pose for a photo during an educational tour at the National Museum of Science and Technology in the capital on Wednesday. — Press release

## *Lecture on health benefits of fish held at NMST*

**Staff Correspondent**

STUDENTS and teachers of Daffodil International College, Dhaka participated in a science lecture on the health benefits of fish during an educational tour at National Museum of Science and Technology in the capital on Wednesday.

By participating in the science lecture, the students came to know about the nutritional properties of fish and the importance of incorporating different types of fish into the diet.

Students shared their opinions about incorporating small fish in the daily diet because small fish contain vitamins that are essential for human body.

Director general of the museum Mohammad Mumin Chowdhury said, 'Children and teenagers show less interest in eating fish nowadays. Youths prefer to eat meat, especially junk food, which is not healthy. Scientific research shows that children can develop their IQ and eyesight by eating fish. So parents have to play a leading role in this regard.'