

FOOD AND ITS FUNCTIONS



healthy
body



healthy
mind



happy
life

An infographic on a light green background. It features various food items and illustrations of people and organs, each with a label describing a health benefit. The items include bread, a salad, a fish, a glass of juice, a bowl of fruit, a pea pod, a brain, a liver, and intestines. The labels are: 'energy' (with a person running), 'eyesight' (with a person's face), 'cell growth' (with a fish), 'strong bones and teeth' (with a person's face and a glass of juice), 'preventing and fighting disease' (with a brain), 'healthy brain and organs' (with a brain and liver), 'muscles and tissue repair' (with a person's muscular body), and 'growth and development' (with a baby and a child).

energy

eyesight

cell growth

strong bones
and teeth

preventing
and fighting
disease

healthy
brain
and
organs

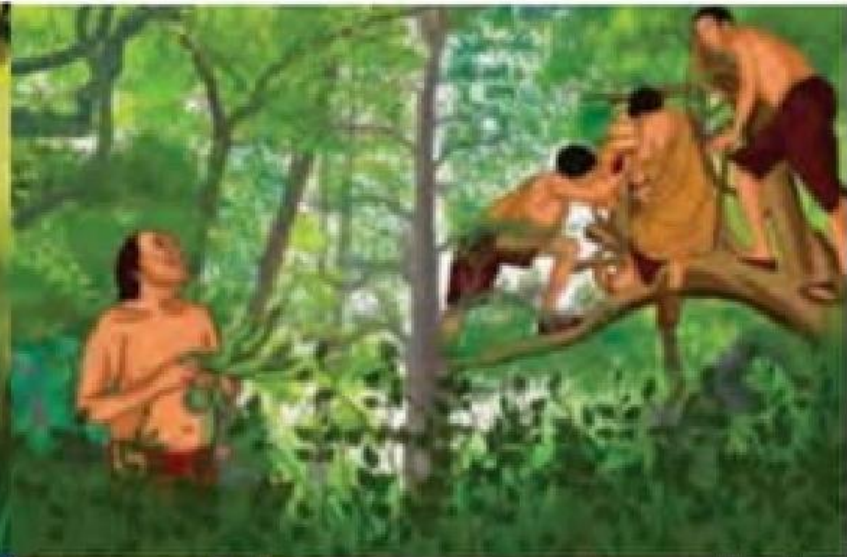
muscles
and tissue
repair

growth
and development

Life can be sustained only with adequate nourishment. Man needs food for growth, development and to lead an active, productive and healthy life.



Food is considered as a prime necessity for living beings especially for humans. It supplies energy for activities, maintain and repair tissues and gives protection from diseases. Food is a substance, which after ingestion, digestion and absorption is capable of being utilized by the body for its various functions.



Definition of Food

- Food can be defined as anything edible that can be solid, semisolid or liquid which when swallowed, digested and assimilated in the body, proves useful to it.
- These substances not only keep the person alive, but also provide energy used for growth and development, regulate the body processes and protect the body from diseases.



Nutrition

- Nutrition has been defined as that condition which permits the development and maintenance of the highest state of fitness.
- Fitness implies to good health, maximum capacity for work, the ability to undertake mental and physical tasks and the power to withstand physical, physiological and psychological stress.

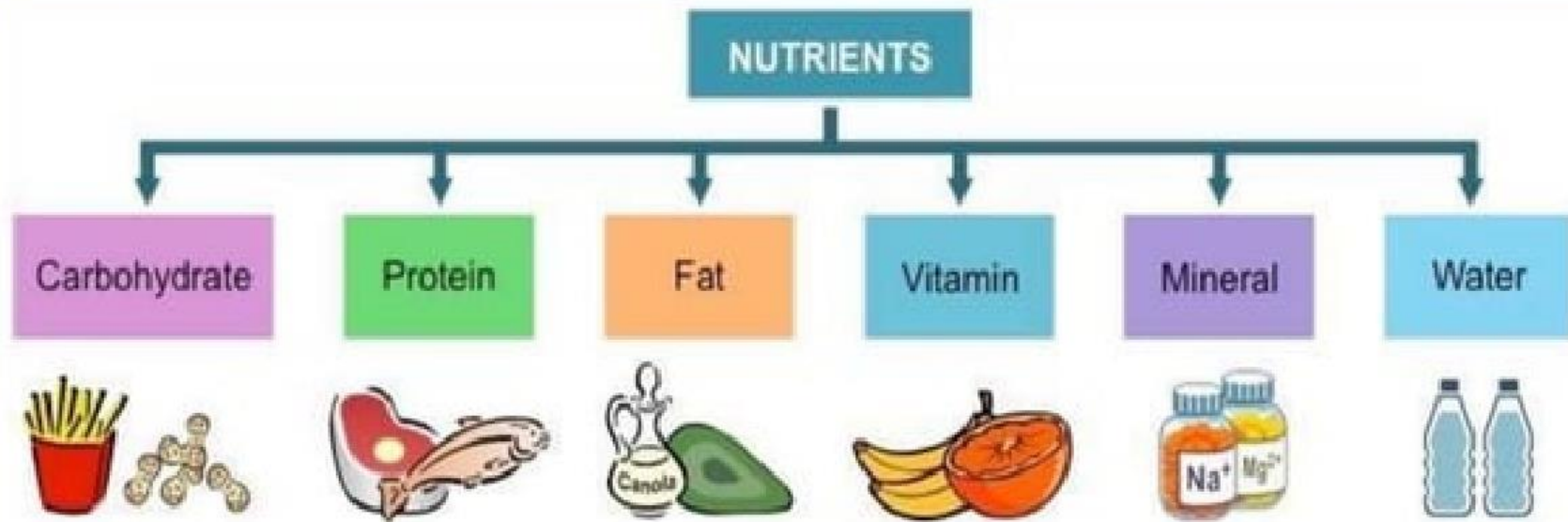


Aims of Nutrition

- To educate people about good nutrition so that they can have complete physical and mental development.
- To educate about the cheap and easily available food sources so that every body can get adequate nutrition.
- Food described dependences of other related factors on nutrition like food related habits, care of food, personal hygiene and sanitation so that people can get proper nutrition.

Nutrients

- It can be defined as those constituents in food that must be supplied to the body in sufficient amounts in order to grow, reproduce and lead a normal healthy life.
- Various nutrients are Protein, Carbohydrates, Fats, Vitamins, Minerals and Water.



Malnutrition

It is that state of health which arises from incomplete nutrition. This is due to inadequate food and ill balanced diet. Inadequate diet can be due to both excess or less amount of food than the required amount



Malnutrition

- Affects 1 in 3 people all over the world
- Comes in different shapes and sizes



Stunting

A person too short for his age



Wasting

A person too thin for his height



Obesity

A person who's overweight

Five Forms of Malnutrition

Malnutrition: General term that includes: micronutrient deficiencies, under-nutrition, and over-nutrition

Form of malnutrition	Description
Wasting (acute malnutrition)	Weight too low for height
Stunting (chronic undernutrition)	Height too low for age
Underweight	Weight too low for age
Overweight/Obesity	Weight too high for height
Micronutrient deficiency	Not enough essential vitamins and minerals present in the body

Functions of food: Food satisfies our hunger and if eaten in appropriate amounts promotes health and well-being.

Sl. No.	Characteristics
1)	<p data-bbox="465 344 929 425">Physiological function</p> <ul data-bbox="465 486 1889 1082" style="list-style-type: none"><li data-bbox="465 486 846 568">● Energy giving<li data-bbox="465 625 846 706">● Body building<li data-bbox="465 763 768 845">● Protection<li data-bbox="465 902 1889 1082">● Regulation of reproduction, emotional equilibrium, memory, excretion.
2)	<p data-bbox="465 1143 774 1225">Social function</p>
3)	<p data-bbox="465 1286 929 1368">Psychological function</p>

▶ **Physiological function**

▶ Body building or growth

▶ Providing energy

▶ Regulation of body process (beating of the heart etc)

▶ Protective function.(recovery from diseases)

▶ Maintenance and repairs



▶ Social function



- ▶ Food serves as a reason for get togethers.
- ▶ Temples, gurudwaras serve same food to all
- ▶ Birthdays , marriage and others celebrations become reasons to serve food
- ▶ Males are given more and better food due to their higher status in the society
- ▶ Refreshments served at get togethers bring more people together rather than dividing them
- ▶ Food planned must be wholesome and enjoyable

▶ Psychological function



- ▶ They give a sense of comfort, security, love and attention.
- ▶ Sharing of food among friend is a token of friendship and acceptance
- ▶ Friendly get together help in introducing us to new foods
- ▶ Foods are associated with emotions like sweets and chocolates for celebration
- ▶ Food is used for reward and punishment.

“
Let food be thy
medicine, thy
medicine shall
be thy food.”

- HIPPOCRATES

THE FOODS WE CHOOSE
MAKE A DIFFERENCE.

MICHAEL GREGER



**“A healthy outside
starts from the inside.”**

Robert Urich

