

BSc Home Science Sem 1

INTRODUCTION TO FOODS

AND NUTRITION - I

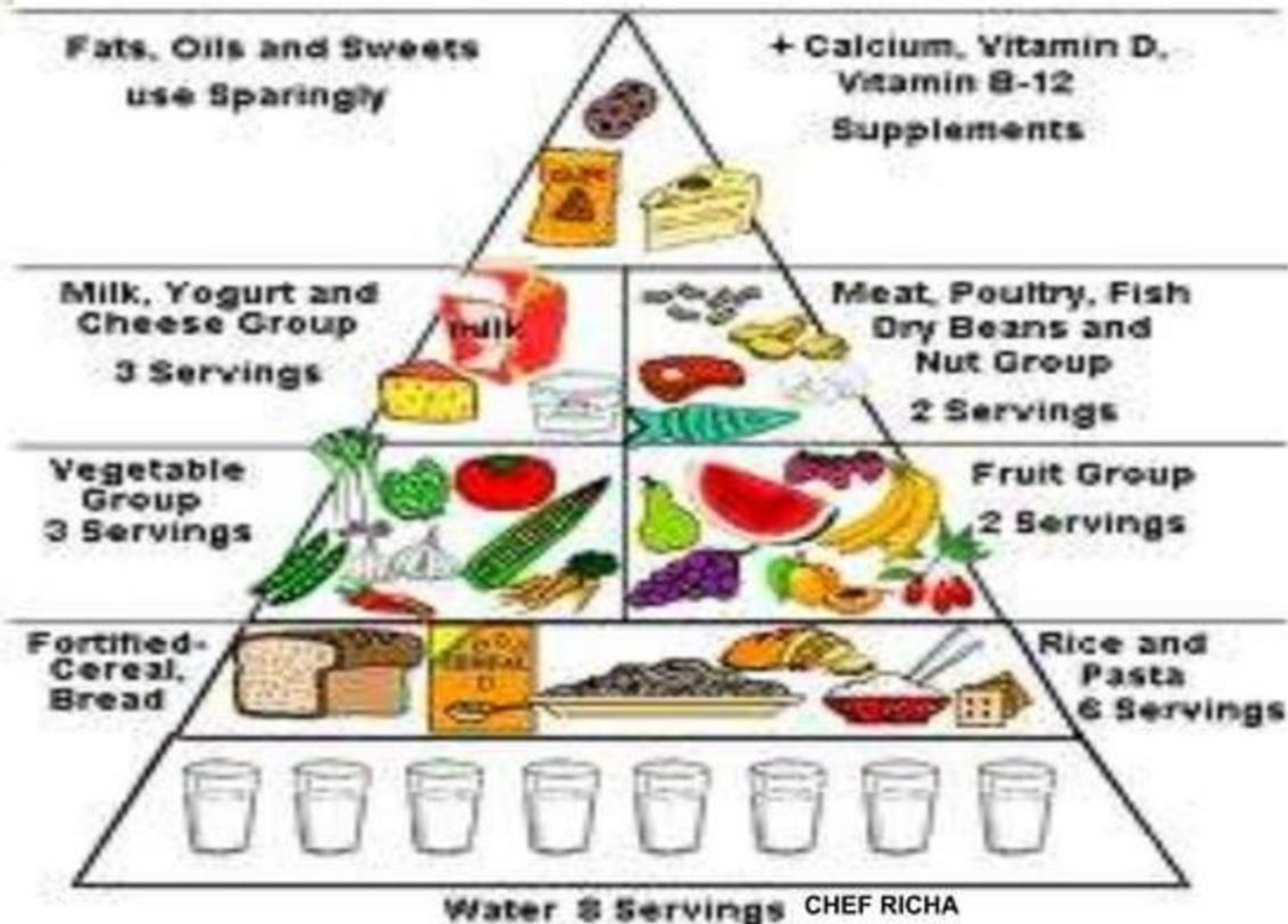
UNIT 1

FOOD



- **ANYTHING WHICH IS EDIBLE OR IN THE FORM OF SOLID, SEMI-SOLID OR LIQUID ON EATING WHICH GIVES US ENERGY IS KNOWN AS FOOD.**

FOOD GROUPS



Basic food group

Food group	Sources	Nutrients
Grain	Whole grain, enriched flour	Carbohydrates, fibre, vitamin B, iron and protein
Fruits and vegetables	Dark green vegetable, deep yellow vegetable	Carbohydrates, fibre, various vitamins and minerals
Dairy	Milk and milk products	Main source of calcium, protein, vitamin A, B and B2
Protein-rich	Poultry, eggs, red meat, legumes	Rich in protein, vitamin B, magnesium and zinc
Fats and sweets	Candy, pastry, oil, coffee	Low in nutrient value



FOOD CHART



GROUP 1

BODY BUILDING FOODS

Build the body and prevent the tissues wearing out.



- MILK
- CHEESE
- EGGS
- MEAT
- FISH

Many vegetable foods such as peas and beans, bread and potatoes, help in body-building, but they are not such good body-builders as these five.



GROUP 2

ENERGY FOODS

provide fuel for the body

- POTATOES
- BREAD
- FLOUR
- OATMEAL
- RICE
- SAGO
- SUGAR
- DRIED FRUIT
- HONEY
- CHEESE
- BUTTER
- MARGARINE
- DRIPPING
- SUET
- LARD
- BACON
- HAM



GROUP 3

PROTECTIVE FOODS

give protection from illness

- MILK
- BUTTER
- MARGARINE
- CHEESE
- EGGS
- HERRINGS (fresh, canned or salt)
- SALMON (fresh or canned)
- LIVER



Protective foods are needed for greater nourishment. They build the teeth and bones and help the body to resist infection.

GROUP 4



- POTATOES
- CARROTS
- FRUIT (fresh or canned, but not dried)
- GREEN VEGETABLES (fresh or canned, but not dried)
- SALADS
- TOMATOES
- WHOLEMEAL BREAD · BROWN BREAD



EAT SOMETHING FROM EACH GROUP EVERY DAY

MADE BY THE MINISTRY OF HEALTH



1.CEREALS



2.LEGUMES



3.MILK AND ITS PRODUCTS



4. EGGS

5. MEAT AND
POULTRY

6. VEGETABLES



7.FRUITS

8.ROOTS AND
TUBERS

9.FATS AND
OILS

**10.SUGAR AND
JAGGERY
11. SPICES &
CONDIMENTS**



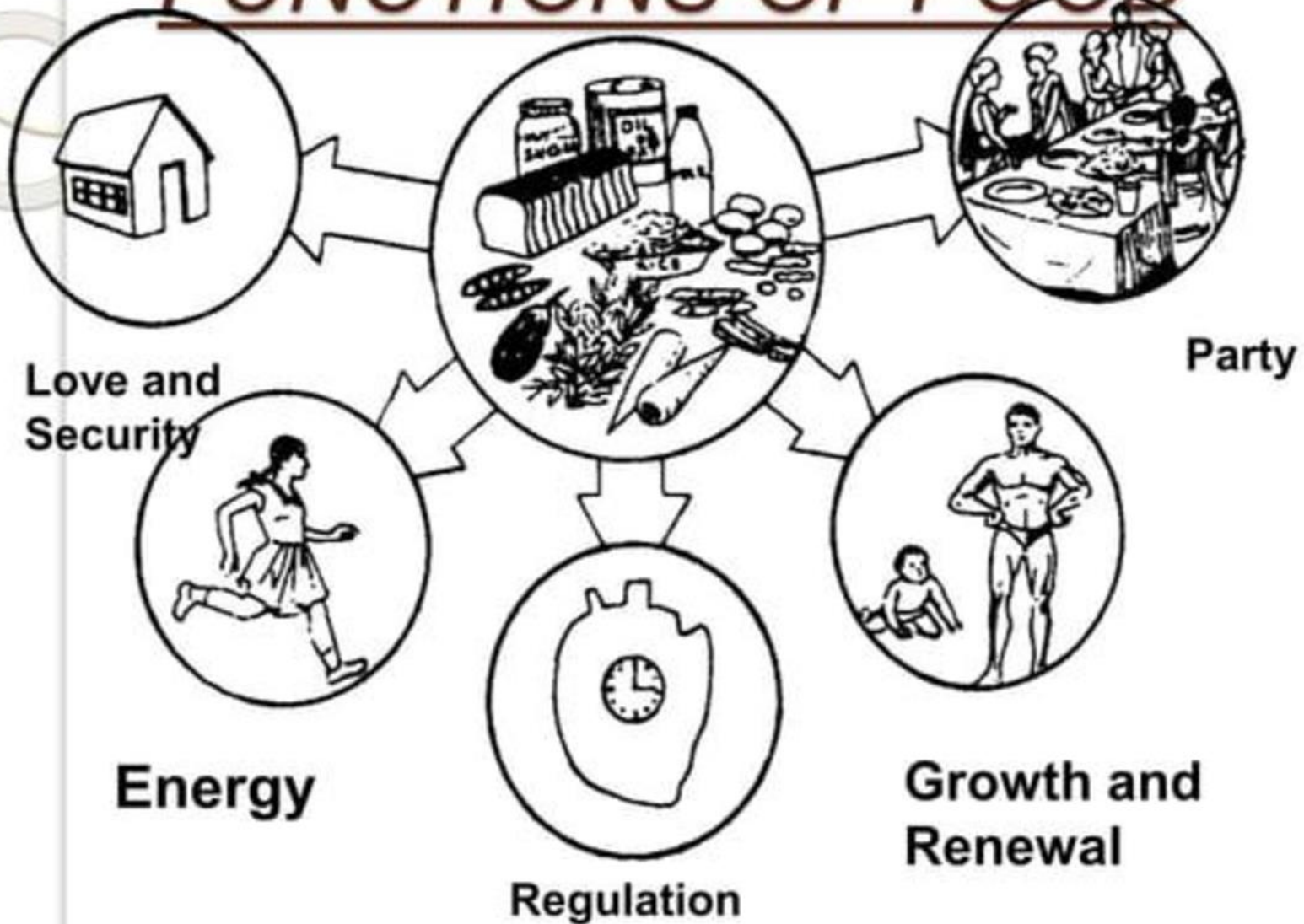
For Health...eat some food from each group...every day!



U. S. GOVERNMENT CHART

**IN ADDITION TO THE BASIC 7...
EAT ANY OTHER FOODS YOU WANT**

FUNCTIONS OF FOOD





Physiological functions of food

The first function of the body is to **provide energy**. The body needs energy to sustain the involuntary processes essential for continuance of life, to carry out professional, household and recreational activities, to convert food ingested into usable nutrients in the body, to grow and to keep warm. The energy needed is supplied by the oxidation of the foods consumed.

FUNCTIONS CONTINUE




- The third function of food is to regulate activities of the body. It includes regulation of such varied activities as:
-
- Beating of the heart
-
- Maintenance of the body temperature
-
- Muscle contraction
-
- Control of water balance
-
- Clotting of blood
-
- Removal of waste products from the body
-
- The fourth function of food is to improve our body's resistance to disease.

CHEF RICHA

Social Functions of Food

Food has always been a central part of our social existence. It has been a part of our community, social, cultural and religious life. Special foods are distributed as a benediction or *prasad* in the religious functions in homes, temples and churches.

Feasts are given at specific stages of life such as birth, naming ceremony, birthdays, marriages, etc. Most of the religious festivals also call for feasts and feeding of specific segments of the population. Certain menus are associated with most of these feasts in each region.



As food is an integral part of our social existence, this function is important in daily life.

Refreshments served at get-togethers or meetings create a relaxed atmosphere. The menu for such get-together should bring the people together, rather than divide them.

Psychological Functions of Food.

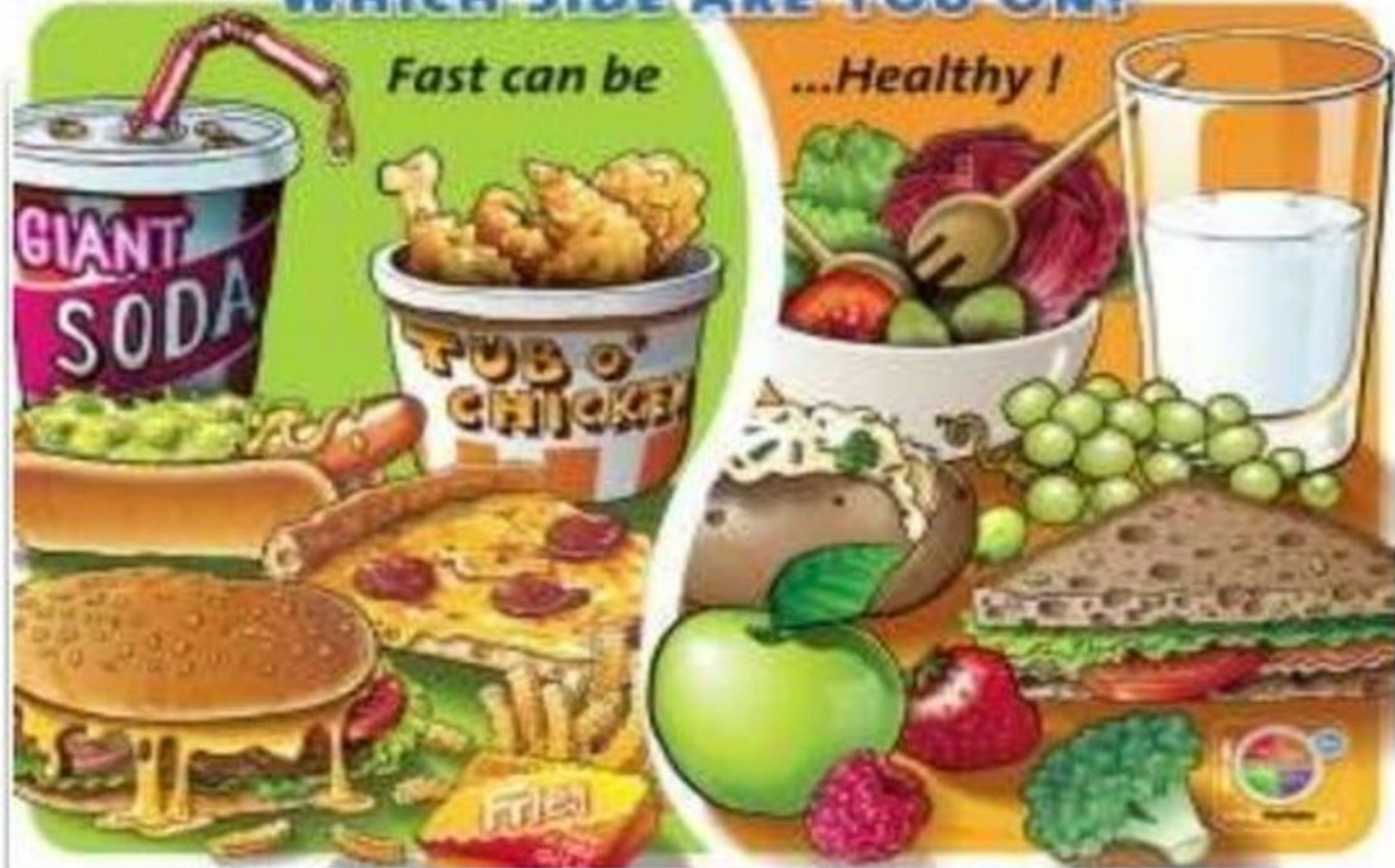
Food Must Satisfy Certain Emotional Needs. These Includes A Sense Of Security, Love And Attention. Thus Familiar Foods Make Us Feel Secure. Anticipating Needs And Fulfilling These Are Expressions Of Love And Attention. These Sentiments Are The Basis Of The Normal Attachment To The Mother's Cooking.

Sharing Of Food Is A Token Of Friendship And Acceptance. In A Friendly Gathering We Try Unfamiliar Foods And Thus Enlarge Our Food Experiences. It Must Be Noted That Even A Nutritionally Balanced Meal May Not Be Satisfying To The Individual, If The Foods Included Are Unfamiliar Or Distasteful To Him/Her. With Time And Repeated Experience, Strange Foods

WHICH SIDE ARE YOU ON?

Fast can be

...Healthy!



HEALTHY FOOD VS JUNK FOOD

CONCLUSION

FOOD IS THE BASIC NEED FOR EVERY PERSON FOR MAINTAINING GOOD HEALTH.



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