nutrition

(+talk bit abt nutrients)

food at work in the body (food from digestion until its used for functions in body)

"Nutrition is science of food and its rxn to health. It is concerned primarily with parts played by the nutrients in body for growth, devel & maintenance." (WHO)

study of nutrition - what nutrients we need, how much, why, & where to get them

functions of food

1. physio logical	oxidation of consumed food helps provide energy (for activities, to convert food to usable nutrients,to grow, keep warm) build body (from child to adult size, main body str, replace worn out cells) regulate bodily activities (heart beat, maintain body temp, muscle contraction, water balance, blood clotting, removal of waste) build immunity - improve body's resistance to disease
2. social	write abt diff food in diff ceremonies (diwali, thanksgiving, birthdays, marriages etc) food is distributed during various religious functions + ceremonies + various stages of life (birthday, marriages etc) food is used as expression of love, symbol of happiness, friendship and social acceptance helps create a relaxed atmosphere

functions of food (cont)

3. psych o-logical	security, love and attention familiar foods make us feel secure normal attachment to the mother's cooking sharing of food is a token of friendship and acceptance in friendly gatherings, we try unfamiliar foods and thus enlarge our food experiences - With time and repeated experience, strange foods become familiar and new tastes are formed

nutrients

chemical substances in food that provide energy + materials needed by body

components of food needed in adequate amts for energy - to grow, reproduce, have healthy life

includes water, groups of: proteins, fats, carbohydrates, minerals and vitamins

40 essential nutrients + body processes = produce 1000s of substances necessary for physical fitness

types: acc to their - chemical property, function, conc, essentiality & nutritive value	diff foods r made of no. of chemical components

acc to chemical nature - split to 2 - micro & macro

1. micro	vitamins, minerals
2. macro	proteins, lipids (fats), carbohydr-ates, water

food we consume daily - rice, wheat, meat, fruits, vegetables, milk etc

each nutrient has its own function - but the various nutrients must act in unison for effective action.	write abt - carboh-ydrates, proteins, fats, minerals, vitamins, dietary fibre and water

Important terms

Food	substance taken into body to meet its needs for energy - for health, growth, reproduction
Optimum nutrition	person recieves essential nutrients for body + extra 'reserved' nutrition (in proper propotions)
Nutritional status	condition of body wrt to consumption and utilization of food Good – well balanced diet Poor – inadequate/excessive intake or poor utilization of nutrients
Malnutrion	inadequate food intake in quantity (under nutrition) or quality
Basal metabolic rate (BMR)	min energy required for body's maintence at rest (with no physical activity)

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