

FOODS

is that which nourishes the body. Food may also be defined as anything eaten or drunk, which meets the needs for energy, building, regulation and protection of the body. In short, food is the raw material from which our bodies are made.

Nutrition

Nutrition has been defined as food at work in the body. Nutrition includes everything that happens to food from the time it is eaten until it is used for various functions in the body. Nutrients are components of food that are needed by the body in adequate amounts in order to grow, reproduce and lead a normal, healthy life. Nutrients include water, proteins, fats, carbohydrates, minerals and vitamins. There are several nutrients in each of the groups: proteins, fats, carbohydrates, minerals and vitamins; hence the plural form of these words has been used.

Functions of

Food

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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. The foods we eat become a part of us.

Nutritional status

Poor nutritional status is evidenced by a listless, apathetic or irritable personality, undersized poorly developed body, abnormal body weight (too thin or fat and flabby body), muscles small and flabby, pale or sallow skin, too little or too much subcutaneous fat, dull or reddened eyes, lustreless and rough hair, poor appetite, lack of vigour and endurance for work and susceptibility to infections. Poor nutritional status may be the result of poor food selection, irregularity in schedule of meals, work, sleep and elimination

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Functions of Nutrients

The foods which we use daily include rice, wheat, dal, vegetables, fruits, milk, eggs, fish, meat, sugar, butter, oils, etc. These different foods are made up of a number of chemical components called nutrients. These are classified according to their chemical composition.

- Carbohydrates: Starch found in cereals and sugar in sugarcane and fruits are examples of carbohydrates in foods
- Minerals: The minerals calcium, phosphorus, iron, iodine, sodium, potassium and others are found in various foods in combination with organic and inorganic compounds.
- Vitamins: Fat-soluble vitamins A, D, E and K and also water-soluble vitamins C and B group are found in foods. These are needed for growth, normal function of the body and normal body processes