

B.A. (General) III Year Home Science

PAPER – A : FOODS AND NUTRITION

IMPORTANCE AND FUNCTIONS OF FOOD

A presentation by :-

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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.

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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.

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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

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.

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Under Nutrition

Under nutrition stands for the diet which is deficient both in quality and quantity or in other terms the food which does not provide essential nutrients for the proper maintenance of health. Small children, growing children, pregnant women and lactating mothers are prone to under nutrition.

Over Nutrition

When the diet contains nutrients in amount excess than the required amount for the body it becomes unbalanced. Continuous use of such diets leads to abnormality in food.

Functions of Food

(1) The Physiological functions

- To provide energy
- To repair body tissues
- To build new cells and tissues
- To regulate body processes
- To protect against diseases.

(2) The social functions of food

(3) The psychological functions of food.

The Physiological functions

To provide energy

- **Body needs fuel for voluntary and involuntary activities.**
- **Carbohydrate and fat rich foods are main sources**
- **Carbohydrate are starch, sugars and cellulose. Fat sources are vanaspati, butter, ghee, nuts and oil seeds.**
 - **1 gram of carbohydrate yields 4 kilocalories, 1 gram of fat yields 9 kilocalories, 1 gram of protein yields 4 kilocalories.**

To build cells and tissues

Proteins, water and minerals build cells muscles and blood. Protein sources are cereals and pulses. Animal protein comes from milk products eggs, fish and meat. Minerals are found in egg, meat, fish, green leafy vegetables etc.

To repair cells and tissues

Body tissues are continually broken down and replaced by new ones. Proteins, minerals and water is required to replace them.

To regulate body processes

Essential fatty acids present in certain fats, proteins, minerals, vitamins and water all perform certain regulatory functions – coagulation of blood, maintenance of body temperature, activation of enzymes etc.

To protect the body from diseases.

Vitamins and minerals protect body from injury and diseases. They help in regulating growth, muscular co-ordination, eye sight, digestion and other body processes. These are present in green leafy vegetables, other vegetables, milk, meat, liver and eggs etc.

Social functions of food

Man is a social being food helps him to be social. During special occasion like marriages, birthdays etc. food is an important ingredient.

Psychological Functions of Food

- **Food satisfies certain emotional needs.**
- **Food is used to express feelings of special attention, friendship, recognition or punishment.**

Thanks