



FOOD

“One cannot think well, love well,
sleep well, if one has not dined well.”



INTRODUCTION

A top-down view of a diverse array of international dishes. In the top left, there are dumplings and a bowl of shredded vegetables. The top center features a large cinnamon roll. To the right, a bowl of fresh salad with meat and herbs is prominent. Below these, there are various bowls of noodles, sushi rolls, and other prepared foods. The bottom left shows a basket of fresh sandwiches, and the bottom center has a slice of cake with berries. The bottom right contains a bowl of fried tempura and more sushi. The entire background is a dark, textured collage of these food items.

Nutrition may be defined as the science of food and its relationship to health. It is concerned primarily with the part played by nutrients in body growth, development and maintenance.

Protein, carbohydrate and fat had been recognized early in the 19th century as energy-yielding foods and much attention was paid to their metabolism and contribution to energy requirements.

CLASSIFICATION OF FOOD BY ORIGIN

- Foods of animal origin
- Foods of vegetable origin

CLASSIFICATION OF FOOD BY CHEMICAL COMPOSITION



- Proteines
- Fats
- Carbohydrates
- Vitamines
- Minerals



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CLASSIFICATION OF FOOD BY PREDOMINANT FUNCTION

- **Body Building Foods** Meat, Milk, Poultry, Fish, Eggs, Pulses etc.
- **Energy Giving Foods** Cereals, Sugars, Fats, Oils etc.
- **Protective Foods** Vegetables, Fruits, Milk, etc.

NUTRIENTS

Organic and inorganic complexes contained in food are called nutrients. They are broadly divided in to:

Macronutrients:

- proteins
- fats
- carbohydrates

Micronutrients:

- vitamins
- minerals



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PROTEINS



PROTEINS ARE COMPLEX ORGANIC NITROGENOUS COMPOUNDS.

THEY ALSO CONTAIN SULFUR AND IN SOME CASES PHOSPHOROUS AND IRON.

PROTEINS ARE MADE OF MONOMERS CALLED AMINO ACIDS.

THERE ARE ABOUT 20 DIFFERENT AMINOACIDS WHICH R FOUND IN HUMAN BODY.

OF THIS 8 AA ARE TERMED "ESSENTIAL" AS THEY ARE NOT SYNTHESIZED IN HUMAN BODY AND MUST BE OBTAINED FROM DIETARY PROTIENS.

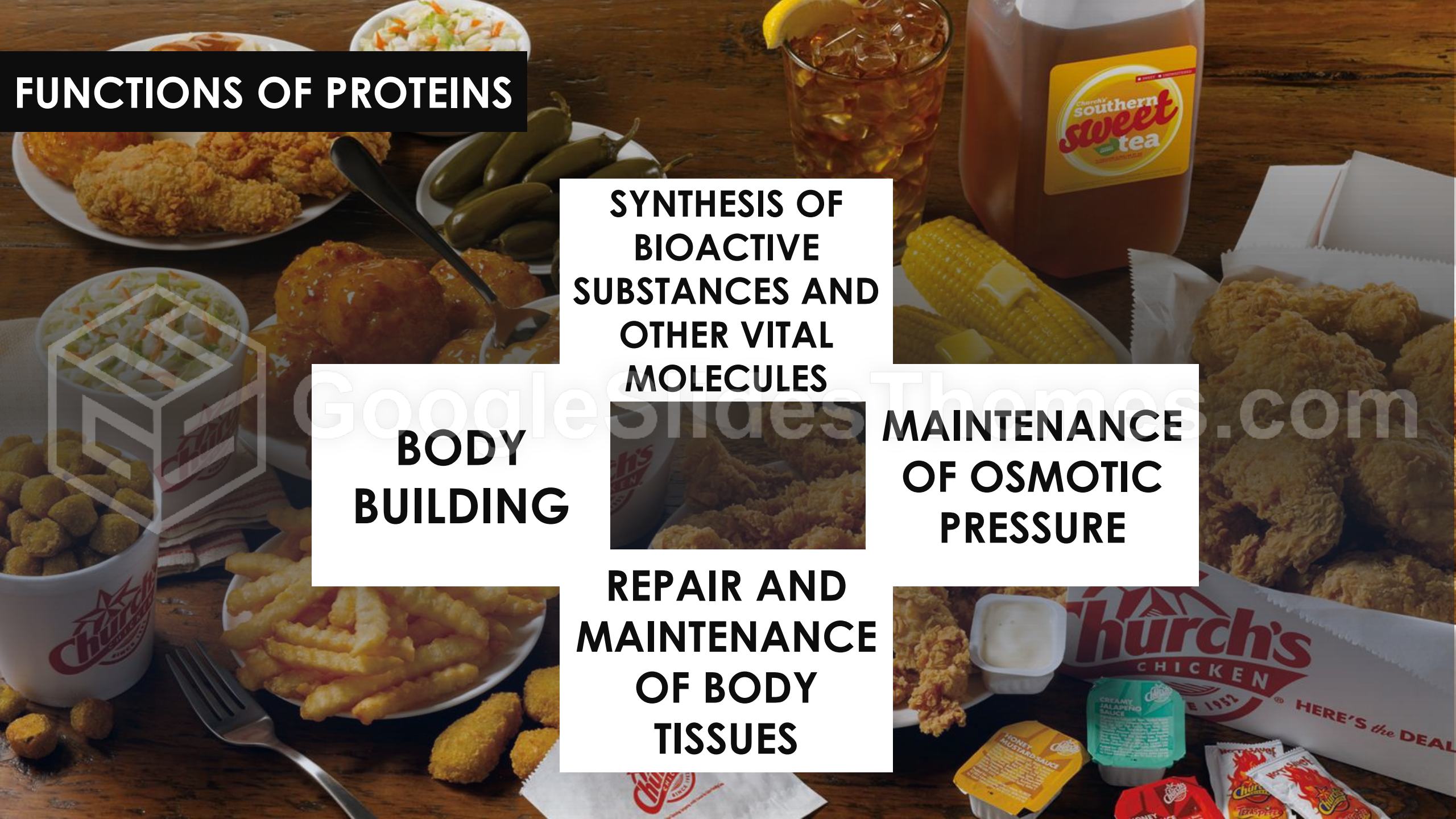
FUNCTIONS OF PROTEINS

**SYNTHESIS OF
BIOACTIVE
SUBSTANCES AND
OTHER VITAL
MOLECULES**

**BODY
BUILDING**

**MAINTENANCE
OF OSMOTIC
PRESSURE**

**REPAIR AND
MAINTENANCE
OF BODY
TISSUES**



FAT



Most of the body fat (99 per cent) in the adipose tissue is in the form of triglycerides, in normal human subjects, adipose tissue constitutes between 10 and 15 per cent of body weight. One kilogram of adipose tissue corresponds to 7700 kcal of energy.as

CARBOHYDRATE

Carbohydrate is the main source of energy, providing 4 Kcals per one gram. Carbohydrate is also essential for the oxidation of fats and for the synthesis of certain non-essential amino acids.

VITAMINS



Vitamins are a class of organic compounds categorized as essential nutrients. They are required by the body in a very small amounts. They fall in the category of micronutrients.

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Vitamins are divided in to two groups: fat soluble vitamins- A, D, E and K and water soluble vitamins: vitamins of the B-group and vitamin C.