

25

THURSDAY

August

FOOD

INTRODUCTION-

* WHAT HAPPENS to the food we eat?

-> OUR NUTRIENT NEED

-> ENERGY BALANCE

-> NUTRITIONAL STATUS

-> LAWS AND LABELS

-> ADDITIVES AND COLOURS

-> TOXICITY IN FOOD

-> PROCESSING food.

-> STABILITY OF FOOD NUTRIENTS

-> FOOD ASSOCIATED

-> HEALTH HEALTH PROBLEMS.

Stamp

Received the Amount
Full Signature
Director

AUGUST 2016						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER 2016						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FOOD FACTS

WHAT IS FOOD?

- The total diet
- Knowing the natural sources of food.

Figures :-

- 1) Components of food in the total diet.
- 2) The Food Pyramid.
- 3) Foods grouped according to biological source.

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August

SATURDAY

2019 WEEK 36

JUNE 2016

Sun	6	13	20	27
Mon	7	14	21	28
Tue	8	15	22	29
Wed	9	16	23	30
Thu	10	17	24	
Fri	11	18	25	
Sat	12	19	26	

JULY 2016

Sun	3	10	17	24
Mon	4	11	18	25
Tue	5	12	19	26
Wed	6	13	20	27
Thu	7	14	21	28
Fri	8	15	22	29
Sat	9	16	23	30

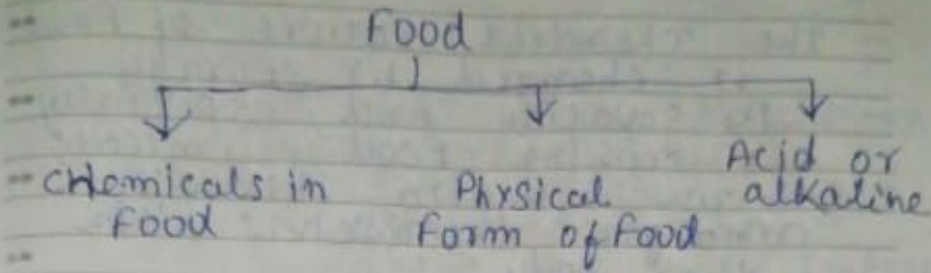
⊕ WHAT IS FOOD? -

① WHAT IS FOOD?

→ Food makes your body work, grow and repair itself. The kind of food you eat can affect the efficiency of these processes. Body function and the food that sustains it is infinitely complex. Food is fact one of the most complicated sets of chemicals imaginable.

Getting to know which nutrients are in which foods can help you to understand something of this complex relationship between your food and your body.





(i) chemicals in food -

Food is composed of many different chemical substances.

"Macromutrients" (major nutritional components that are present in relatively large amounts, such as protein), 'micromutrients' (major nutritional components that are present in relatively small amounts, such as vitamins), water and roughage.



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August

WEDNESDAY

- The chemical nature of food is changed by storage, preservation and, especially, by cooking. Food chemicals can also interact amongst themselves within the body.

(ii) Physical Form of Food -

- Food is also more than just the chemicals it contains. Its physical characteristics are important.
- The size of food particles can affect the extent to which nutrients are digested and made ready for absorption by the body.

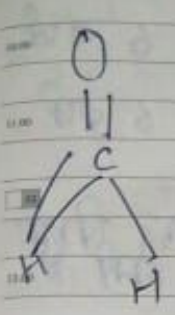
AUGUST 2016							SEPTEMBER 2016						
Sun	1	2	3	4	5	6	Sun	4	5	6	7	8	9
Mon	7	8	9	10	11	12	Mon	10	11	12	13	14	15
Tue	13	14	15	16	17	18	Tue	16	17	18	19	20	21
Wed	19	20	21	22	23	24	Wed	23	24	25	26	27	28
Thu	25	26	27	28	29	30	Thu	30	1	2	3	4	5
Fri	31						Fri	5	6	7	8	9	10
Sat							Sat	11	12	13	14	15	16

(iii) Acid or alkaline -

The acidity and alkalinity of food are physical properties often thought to be important. In fact, they are only important insofar as they might alter the rate of emptying of the stomach, digestion in the small bowel and the acidity or alkalinity of the urine. Our bodies can cope with a wide range in food acidity and alkalinity with out much problem.

Notes

(H) (C) : (O) कार्बन, H, O के अनुपात 1:2:1 के अनुसार वे मिलकर बने कार्बोहाइड्रेट पदार्थ कार्बोहाइड्रेट



कार्बोहाइड्रेट - कार्बोहाइड्रेट स्वस्थ आहार का एक अविभाज्य हिस्सा है। यह शरीर में अधिकतम अर्ध प्रदान करते हैं। जबकि शरीर कोट में काम करता है, हमारे शरीर को लक्ष्य पहले कभी कार्बोहाइड्रेट (शर्करा) से मिलती हमारे हम शर्करा का प्राथमिक स्रोत कार्बोहाइड्रेट कार्बोहाइड्रेट (शर्करा) - प्रकृतिक व जन्म से पाए जाते हैं।

1 ग्राम = 4-2 किलो कैलोरी

01

September

THURSDAY

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NUTRITION

JULY 2018		AUGUST 2018	
SUN	1	SUN	1
MON	2	MON	2
TUE	3	TUE	3
WED	4	WED	4
THU	5	THU	5
FRI	6	FRI	6
SAT	7	SAT	7
SUN	8	SUN	8
MON	9	MON	9
TUE	10	TUE	10
WED	11	WED	11
THU	12	THU	12
FRI	13	FRI	13
SAT	14	SAT	14
SUN	15	SUN	15
MON	16	MON	16
TUE	17	TUE	17
WED	18	WED	18
THU	19	THU	19
FRI	20	FRI	20
SAT	21	SAT	21
SUN	22	SUN	22
MON	23	MON	23
TUE	24	TUE	24
WED	25	WED	25
THU	26	THU	26
FRI	27	FRI	27
SAT	28	SAT	28
SUN	29	SUN	29
MON	30	MON	30
TUE	31	TUE	31

① WHAT IS NUTRITION?

→ NUTRITION is the study of food at work in our bodies, our source for energy and the medium for which our nutrients can function. Think of nutrition as the blocks of life.

The essential nutrients for life include carbohydrates, proteins, and lipids (fats), as well as fiber, vitamins, minerals, and water - the solvent for all soluble ingredients in the blood and cells.

Nutrition is just one key to developing and maintaining good health. Good health is defined as a state of complete physical, mental and social well-being - a healthy mind, body, and spirit.

03

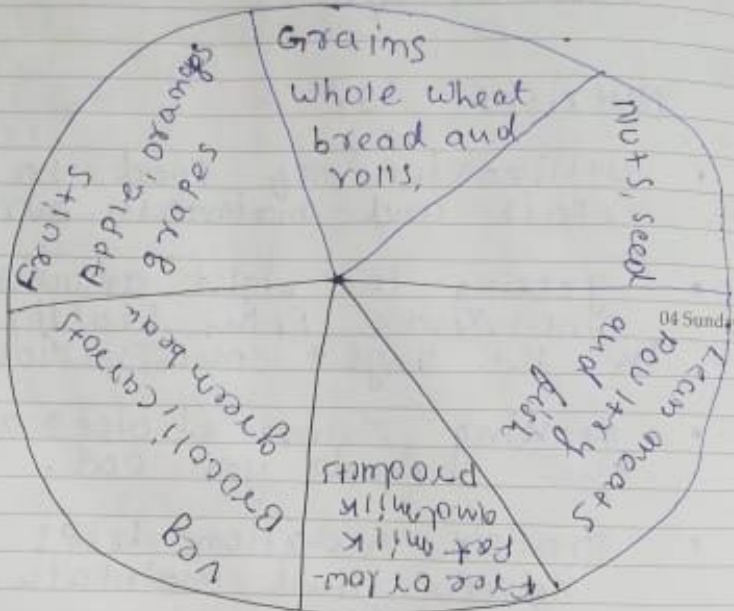
September

SATURDAY

JULY 2016							AUGUST 2016							
Sun	1	2	3	4	5	6	Sun	1	2	3	4	5	6	7
Mon	7	8	9	10	11	12	Mon	8	9	10	11	12	13	14
Tue	13	14	15	16	17	18	Tue	15	16	17	18	19	20	21
Wed	19	20	21	22	23	24	Wed	22	23	24	25	26	27	28
Thu	25	26	27	28	29	30	Thu	29	30	31				
Fri	31						Fri							
Sat							Sat							

- A choice - choose good nutrition and a healthy lifestyle.

FOOD GROUPS



SEPTEMBER 2018							OCTOBER 2018						
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
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29	30						29	30	31				

Nutrition is at work during our entire life-cycle from infancy to adolescence, adulthood and in our senior years - can be the antidote for many of today's common problems, such as senior stress, pollution, sexual vitality and disease.

Nutrition is

- utilization of food to grow, repair and maintain our bodies,
- getting the right amount of nutrients from healthy foods in the right combinations;
- making smart choices about the foods you eat.
- proper nutrition helps you develop and maintain good health.