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NUTRITION, HEALTH AND HYGIENE

GENERAL SCIENCE

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NUTRITION, HEALTH AND HYGIENE

Introduction

- ❖ **Food** is the basic **necessity of life**. Food is defined as “**any substance** (of either plant or animal origin) **consumed to provide nutritional support for an organism**”.

Classes of Nutrients

- Nutrients are classified into six major groups as follows

- ✿ Carbohydrates
- ✿ Proteins
- ✿ Fats
- ✿ Vitamins
- ✿ Minerals
- ✿ Water

Protein Energy Malnutrition (PEM)

- Protein is **essential for growth** and **repair of body cells and tissues**.
- **Deficiency** of proteins leads to weakness but its **severe conditions** causes diseases like:
 1. Kwashiorkor
 2. Marasmus

Food Pyramid

- The food pyramid acts as a **nutrition guide** to select the types and proportion of food for good health.
- The **food items** at the **top of the pyramid** such as **fat**, and **oil** should be consumed in **less quantity** when compared to the food items at the **bottom of the pyramid**.

How to avoid food from being spoiled?

- Food Preservation is the **process of prevention** from decay or spoilage of food, by storing in a condition fit for future use.
- Food is **preserved to**
 - ◆ increase the shelf life of food
 - ◆ retain the colour, texture, flavour and nutritive value
 - ◆ increase food supply
 - ◆ decrease wastage of food
 - ◆ add variety to the food

Types of adulterants

- ✿ Natural adulterants
- ✿ Incidental/ unintentionally added adulterants
- ✿ Intentionally added adulterants

Food quality control agencies of our Country

- A slogan “**From farm to plate, make food safe**” was raised on World Health Day (7th April 2015) to promote and improve food safety.
- Food should be pure, nutritious and free from any adulteration for **proper maintenance** of human health.
- Quality control agencies such as **ISI, AGMARK, FPO, FCI** and **other health departments** enforce minimum standards for the consumer products.