

UNIT : III
FAMILY NUTRITION

CHAPTER : 11
INTERRELATION BETWEEN FOOD AND HEALTH

As much as oxygen is important for survival likewise water and food are indispensable. Food is not only important for living but also for physical activities such as giving energy to body, for growth and development for regulation of various internal activities of the body. The intake of a balanced diet is important for good health. For understanding inter-relationship between food and health, knowledge of some definitions is required-

Food:

Food is any solid or liquid substance consumed, digested, to provide nutritional support for different kinds of physical and mental activities of the body.

In common language food is some thing which is consumed by us daily, which gives energy to body to perform daily activities and is helpful in body building. In addition to this, food regulates the activities of body and also protects it. Food provides nutrition to the body. Food is used in processes like catabolism and anabolism. Body building is not possible in the absence of food.

Nutrients:

Nutrient is a substance that provides nourishment essential for the maintenance of life and growth. The nutrients present in food are- protein,

carbohydrate, fat, various vitamins, mineral salts, water and fibers. These nutrients together provide nutrition to the body and contribute towards in leading a healthy life.

Nutrition:

Nutrition is a science. It is the process of providing or obtaining different nutrients from the food through metabolic processes. Nutrients provide health, energy, protection and growth to the body.

Nutritional Status:

The nutritional status depends on the intake of food. It is the condition of the body in those respects influenced by the diet; the levels of nutrients in the body and the ability of those levels to maintain normal metabolic integrity. There can be two situations of nutritional status—

1. Nutrition, 2. Malnutrition

Nutrition— Nutrition or good nutrition includes all the nutrients in the right proportion which leads to robust health of an individual.

Malnutrition— Malnutrition or improper nutrition includes either less excess quantity or imbalanced proportion of nutrients.

Therefore, malnutrition includes both Under-nutrition and Over-nutrition.

Under-nutrition— Under-nutrition is less availability of essential nutrients in the food which makes a person malnourished. Under-nutrition is a deficiency of calories or of one or more essential nutrients. Examples of Under-nutrition are— Anaemia, Marasmus, Goiter, etc.

Over- nutrition— Over-nutrition is a form of malnutrition in which the nutrients are oversupplied. The amount of nutrients exceed the amount required for normal growth, development, and metabolism. The examples of Over-nutrition are obesity, fluorosis, etc.

A balanced diet leads to a good nutrition level which results in good health. A balanced diet is a way of eating all the right nutrients that your body needs in order to be healthy.

Health:

Health is not only the state of being free from illness or injury. The meaning of health is different for different people. According to W.H.O., “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Different aspects of health are like different parts. Therefore, if we wish to impart some meaning to our life we need to keep all the aspects of health in good shape. Good health includes physical, mental, social and spiritual health.

Physical health— Physical health shows the state of body which includes structure, development, functioning and care of the body.

Mental health— Mental health means our emotional and spiritual flexibility which enables us to bear situations of pain, disappointment and sadness.

Social health— Social health signifies ability of an individual to live in harmony in a community. A

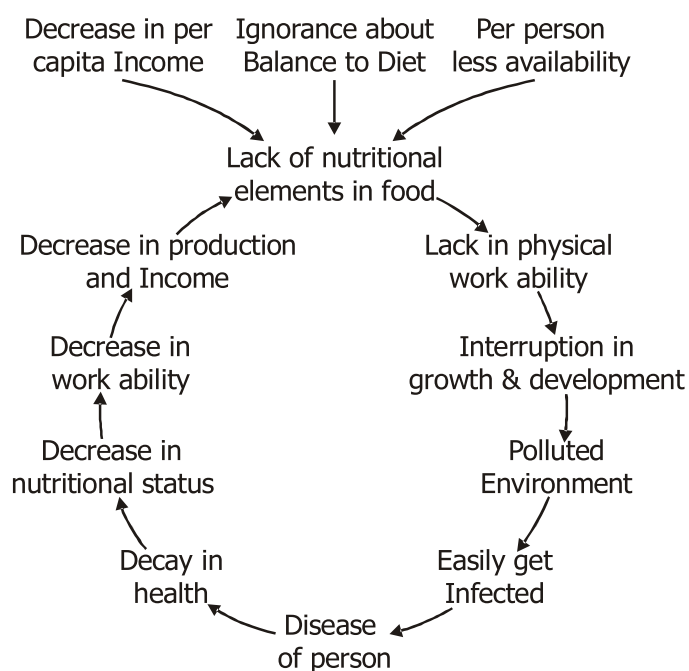


Figure : 11.1

socially healthy individual has qualities of altruism, tolerance and awareness. Such people are always happy and they maintain healthy relationships with others. This type of personality can adjust well in any social situation and this ability is helpful in uplifting his social status.

Spiritual health— Our good health is incomplete without our being spiritually healthy. The search for meaning and purpose of life makes us spiritual. Prayers and Yoga develop our inner capacity and strength. A spiritual person keeps his mind calm even in negative situations.

The inter-relationship between food and health:

A good and best health is possible by good food only. Good food means presence of all nutrients in proper proportion in it.

Basically it is the nutrients that make a body. For all the physical activities to go on smoothly nutrients are very essential. In the absence of nutrients nutritional status falls and a person gets afflicted with diseases.

Lack of nutrition leads to disrupted physical and mental development in children. Slow physical development or diseased body reduces working capacity and adversely affects productivity and livelihood and leads to deficiency of nutrients. (Fig 11.1)

IMPORTANT POINTS:

1. As much as oxygen is important for survival likewise water and food are indispensable for living.
2. Food is any solid or liquid substance consumed, digested, assimilated to provide nutritional support.
3. Nutrient is a substance that provides nourishment essential for the maintenance of life and for growth.
4. Nutritional status is the condition of the body in those respects influenced by the diet; the levels of nutrients in the body and the ability of those levels to maintain normal metabolic integrity. There can be two situations of nutritional status— Nutrition and Malnutrition.
5. A good health includes 4 aspects: physical, mental, social and spiritual health.
6. A healthy person is one whose weight and height is in accordance with his age and gender, he is a sociable person, a firm believer and possesses a well-built body, sharp mind, attractive personality.
7. There is an inter-relationship between food and health. If a person consumes nutrient-rich food, his nutritional status and health always remain good.

EXERCISE:

1. Define the following—
Food, Nutrients, Nutrition, Nutritional status, Health
2. Explain the 4 aspects of health.
3. Explain the types of nutritional status.
4. Explain the effect of malnutrition on health.
5. Write the inter-relationship between food and health.