

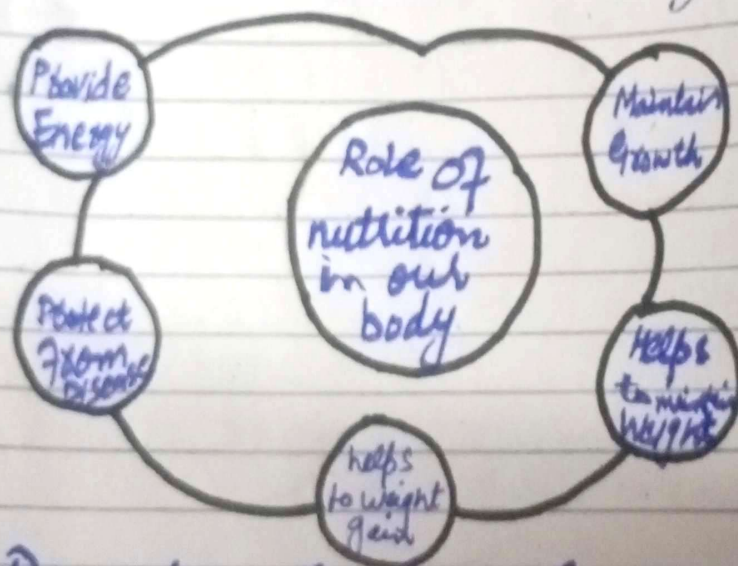
Food Science

Q. What is nutrition? Role of nutrition in our body.

Nutrition is the study of food and its relationship with health. Ammonia Leveisior is a father of nutrition.

Role of Nutrition in our body

Nutrition plays an important role to maintain our growth and provide energy. It also helps to prevent from diseases and ensure healthy life.



I- Provides energy for body maintain

Proper nutrients ensure energy in our body. Proper energy includes carbohydrates, proteins

and fats, which helps to fuel psychological process in a body includes metabolism and movement

Proper nutrients provides energy in a form of calories such as

1gm of Carbohydrates = 400 calories

1 gm of Fats = 9K calories

1 gm of protein = 4K calories

2) Proper nutrient maintain growth

Proper nutrients maintain growth, helps to develop proper growth of individuals, Infants, Craddles and childrens need proper nutrient for growth.

3) Proper nutrients, prevents from Diseases

- 1) Proper intake of micro and macro nutrients prevents from disease
- 2) Vitamin and minerals are the main nutrients prevent from diseases.
- 3) Macro nutrient and micro nutrient protect from underweight and overweight.

4) Helps to maintain weight

- Proper and balance uptake of nutrients with proper exercise helps to gain and maintain weight.

Q) Define the classification of food?

Food are classified on the basis of origin and function.

on the basis of function

On the basis of function, food is divided into various categories

1. Instant energy:
Carbohydrates
2. Rich energy source
Fats
3. Body-builder food
Proteins
4. Protective for diseases
Minerals and vitamins

on the basis of origin

Food, on the basis of origin, divided into various parts / sources

Plant Source:

Fruit & vegetable

Animal source

Milk, egg, meat

Chemical source

Cheese, Packed food proteins