



Says

What have we heard them say?  
What can we imagine them saying?



Thinks

What are their wants, needs, hopes, and dreams?  
What other thoughts might influence their behavior?



Foodiegrasp  
Grasp your health  
through Food facts

Importance of food nutrition:  
Food nutrition is crucial as it provides the essential nutrients our bodies need to function optimally. These nutrients support growth, energy production, and overall health, ensuring our bodies can perform daily activities and combat illnesses effectively. A balanced diet with the right mix of nutrients is key to maintaining good health and preventing nutritional deficiencies.

The Food Corporation of India (FCI) is a statutory body created and fully owned by the Government of India. It is under the sovereignty of Ministry of Consumer Affairs, Food and Public Distribution. Formed by the enactment of Food Corporation Act, 1962 (FCI), the President of India is the official is designated as Chairman and Managing Director. Since its creation, government has ensured all the 640 crore. It was set up in 1962 with its head headquarters at Chennai. Over the years moved to New Delhi. It also has regional centers in the capital of the states.

Food microbiology is the study of the microorganisms that inhabit, create, or contaminate food (Framanca and Bayles, 2005). For this, laboratory analysis is required in relation to the control of food hygiene, quality, and safety as set out in the International Organization for Standardization (ISO) 7218 (ISO, 2007).

Moringa oleifera is a fairly large tree native to North India. It goes by a variety of names, such as drumstick tree, horseradish tree or barn of tree. Almost all parts of the tree are edible or used as ingredients in traditional herbal remedies. This especially applies to the leaves and pods, which are commonly eaten in parts of India and Africa (Moringa Source). Bases is a group of Moringa contains leaves, powder and capsules.

Rambutans are also full of potassium, a mineral that helps your heart beat, kidneys function, and muscles contract. Rambutans are rich in vitamin C, which is a potent antioxidant. Consuming antioxidants helps fight off free radicals, which are waste products in your body that can damage your cells.

- They reduce oxidative stress.
- They support disease prevention.
- They support eye health. ...
- They aid in brain function. ...
- They can contribute to mental health improvements. ...
- They can reduce inflammation. ...
- They support healthy aging processes.

Fats are also called 'fatty acids' or 'lipids'. Fats in our body are made up of three molecules joined together. This three-molecule structure is called a "triglyceride". Most of the fat we need is made by our bodies, but there are some fats our bodies cannot make.

- lean meats – beef, lamb, veal, pork, kangaroo.
- poultry – chicken, turkey, duck, emu, goose, bush birds.
- fish and seafood – fish, prawns, crab, lobster, mussels, oysters, scallops, clams.
- eggs.
- dairy products – milk, yoghurt (especially Greek yoghurt), cheese (especially cottage cheese)

Carbohydrates, or carbs, are sugar molecules. Along with proteins and fats, carbohydrates are one of three main nutrients found in foods and drinks. Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, and organs.

Seafood is low in saturated fats, high in protein, and packed full of important nutrients including omega-3 fatty acids, vitamin A, and B vitamins. These nutrients are essential in maintaining your health—particularly your brain, eyes, and immune system.

Millet is a good source of protein, fiber, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut. Millet is an adaptable grain.

Diabetes: Jackfruit might lower blood sugar levels. There is a concern that it might affect blood sugar control in people with diabetes. The dose of diabetes medication might need to be changed. Surgery. Jackfruit might cause too much drowsiness if combined with medications used during and after surgery.

- Article: Milk ...
- Types of cheese. Add cheese to a favorite dish for that special touch.
- Butter. Butter has been a staple for thousands of years and contains a range of nutrients like vitamins A, D and E, which are essential for healthy eyes, bones and skin.
- Cream.
- Custard.
- Ice cream.
- Yoghurt.



Does

What behavior have we observed?  
What can we imagine them doing?



Feels

What are their fears, frustrations, and anxieties?  
What other feelings might influence their behavior?