

## FOOD AND NUTRITION

### Food

- Food is something good to drink or eat

### Nutrition

- Nutrition is the process by which the food is taken in and used by the body.

### Breast feeding

- Breast feeding is the act of feeding a baby on breast milk directly by the mother.

### Advantages of breast feeding to the baby

- Creates love between mother and baby
- Contains antibodies that provide immunity to the baby
- Breast milk is easy to digest
- Breast milk is always at the right temperature

### Advantages of breast feeding to the mother

- Delays next pregnancy
- It is cheap
- It saves time

### Disadvantages of breast feeding

- No other family member can feed the baby in case the mother is away.
- Can spread some diseases from mother to baby
- May cause health problems to the mother that gives birth frequently
- Inconveniences the mother in case she is sick

### Conditions where breast feeding is restricted

- When the mother is HIV positive
- When the mother has breast cancer

### Simple Task

1. What is food?
2. What is the best food for babies?
3. Give any **two** advantages of breast feeding to the baby.

## **Bottle feeding**

- Bottle feeding is the act of feeding a baby with milk from a feeding bottle

## **Advantages of bottle feeding**

- A baby still feeds even when the mother is busy or dead
- A baby still feeds even when the mother has little breast milk
- Help to control spread of HIV from effected mothers

## **Disadvantages of bottle feeding**

- Cow's milk is not easily digested
- Dirty bottle can contaminate the milk
- Encourages early pregnancy
- Time consuming to prepare
- Expensive to buy milk at daily basis

## **Conditions that may require bottle feeding**

- When the mother is dead
- When the mother is HIV positive
- When the mother has breast cancer
- When the mother is very busy

## **Simple Task**

1. Give any **two** advantages of bottle feeding.
2. Give any **two** disadvantages of bottle feeding.
3. Give any **two** conditions that can lead to bottle feeding.

## **Vulnerable groups of people**

- These are groups of people who need special care in terms of feeding
- These are groups of people whose health can be harmed due to poor feeding

## **Examples of vulnerable groups of people**

- Pregnant women
- Sick people
- Elderly people

- Weaning babies
- Breast feeding mothers
- Breast fed babies

### **Pregnant mothers**

- ❖ Need proteins for building tissues of the foetus and uterus
- ❖ Need carbohydrates to get energy to carry the unborn baby and move
- ❖ Need iron for the foetus to make its own blood
- ❖ Need calcium to build up strong bones for the baby
- ❖ Need vitamins to protect herself and baby from infection

### **The sick**

- Sick people are divided into invalids and convalescents

### **An invalid**

- This is a person that is totally down with illness and cannot look after him or herself.

### **Convalescent**

- This is a recovering patient still undergoing treatment

### **Diet for the sick**

<b>Food needed</b>	<b>Reason</b>
Proteins	<ul style="list-style-type: none"> <li>❖ Repair worn out tissues</li> <li>❖ To replace worn out cells</li> </ul>
Carbohydrates	<ul style="list-style-type: none"> <li>❖ For energy</li> </ul>
Vitamins	<ul style="list-style-type: none"> <li>❖ To increase resistance against diseases</li> </ul>
Fluids	<ul style="list-style-type: none"> <li>❖ To prevent dehydration</li> </ul>

### **Weaning babies**

- Weaning is the gradual introduction of semi-solid foods to a breast feeding baby.
- Weaning is done at six months (Baby's digestive system has now developed)

### **Reasons for weaning**

- To provide more nutrients for the baby to grow
- Provide the baby with iron that is not present in milk

### **Common food stuffs used during weaning**

- Porridge
- Sweet bananas
- Mashed Irish potatoes
- Mashed egg yolk

### **Simple Task**

1. Give any **two** vulnerable groups of people.
2. What is weaning?
3. How are proteins useful to sick people?

### **Traditional customs and food tables**

- A food taboo is a cultural custom the forbids people from eating a certain type of food

### **Examples of food taboos**

- In some tribes, people are not allowed to eat their totems
- In some communities, women are not allowed to eat chicken and eggs
- Males are not allowed to eat oil nuts because they can make them impotent
- Children and babies are not allowed to eat eggs.

### **Advantages of food taboos and food beliefs**

- Creates more food for some tribes
- Controls extinction of some animal and plant species
- Promote culture

### **Disadvantages of food taboos or effects**

- They can result into malnutrition

## **Staple food**

- A staple food is food commonly eaten by most people in a community

### **Staple food for different communities in Uganda**

<b>Region</b>	<b>Staple food eaten</b>
Eastern (Busoga)	<ul style="list-style-type: none"><li>➤ Sweet potatoes</li><li>➤ Cassava</li><li>➤ Millet</li><li>➤ Yams</li></ul>
Western (Ankole)	<ul style="list-style-type: none"><li>➤ Matooke</li><li>➤ Millet</li><li>➤ Irish potatoes</li><li>➤ Sorghum</li></ul>
Central (Buganda)	<ul style="list-style-type: none"><li>➤ Matooke</li><li>➤ Sweet potatoes</li><li>➤ Cassava</li></ul>
Northern	<ul style="list-style-type: none"><li>➤ Millet</li><li>➤ Sorghum</li><li>➤ Cassava</li></ul>
The Iteso	<ul style="list-style-type: none"><li>➤ Millet</li><li>➤ Sorghum</li><li>➤ Cassava mixed with millet</li></ul>

## **Simple Task**

1. Give any two examples of traditional food taboos
2. Give any two advantages of food taboos.