**CODE: D003 NAME: BOL MAKETH AYUEL DATE 31-10-2019**

**Section one assignments.**

**1.Describe three ways in which culture,religious,and social values affect dietary eating patterns**

**LIFE STYLE,** one fact of life style is dietary habits

Dietary habits include what aperson eats,how much aperson eats during ameal,how frequently meals are consumed.

Other aspects of lifestyle include physical activtity level recreational drug use, and sleeping patterns ,all of which play arole in health and impact nutrition.Following ahealthy lifestyle improves your overall health.

**RECREATIONAL DRUG USE** which includes tobacco-smoking and alcohol consumption along with narcotic and other illegal drug use,has a large impact on health smoking cigarettes causes lung cancer.other types of cancer heart disease, and severals other disorders or diseases that markedly decrease quality of life and increase mortality .In the United State .Smoking causes more than four hundred thousand deaths every single Year.Which is far more than deaths associated with any other lifestyle component.

**HEALTH CONCERNS**.Some people have significant food allergies,to lactose or peanuts for example,and need to avoid those foods.Others may have developed health issues.which require them to follow a low suit diet.In addition,people who have never worried about their weight have avery different approach to eating than those who have long struggled with excess pounds.

**SOCIAL FACTORS.**Any school lunchroom observer can testify to the impact of peer pressure on eating habits,and this influence lasts through adulthoods.People make choices based on how they see others and want others to see them

**CULTURE**.The culture in which one grows up affects how one sees food in daily life and on special occasions. In each culture there are both acceptable and unacceptable foods, though this is not determined by whether or not something is edible. For example, alligators exist in many parts of the world, but they are unacceptable as food by many persons. Likewise, horses, turtles, and dogs are eaten (and even considered a delicacy) in some cultures, though they are unacceptable food sources in other cultures. There are also rules concerning with whom it is appropriate to eat. For example, doctors in a health facility may eat in areas separate from patients or clients.

**RELIGIOUS INFLUENCES.**

Religious **proscriptions** range from a few to many, from relaxed to highly restrictive. affect a follower's food choices and behaviors. For example, in some religions specific foods are prohibited, such as pork among Jewish and Muslim adherents. Within Christianity, the Seventh-day Adventists discourage "stimulating" beverages such as alcohol, which is not forbidden among Catholics.

**2.CREATE ATABLE THAT SUMMARIZES THE SIX CLASSES OF NUTRIENTS AND THEIR MAJOR FUNCTION.**

|  |  |
| --- | --- |
| **ORGANIC NUTRIENTS** | **FUNCTION** |
| carbohydrates | Provide energy |
| Fats | Provide energy |
| proteins | Building and repair body tissues provide energy |
| Vitamins | Regulate body processes |
| **Inorganic Nutrients** | **Function** |
| Minerals | Regulate body processes |
| water | Regulate body processes |

3.**Explain 5 ideas on how to change the nutrition of the people of your country on how to protect their health and the health of the planet.**

1.increase intake of whole grains fruits and vegetables

2.reduce intake of sugar –Sweetened beverages.

3.monitor intake of 100 percent fruits juice for children and,especially those who are over weight or obese.

4.monitor calorie intake from alcoholic beverages for adults.

5.eat a variety of vegetables,especially dark green,red,and orange vegetable.

**4.LIST 10 SIGNS OF GOOD NUTRITION AND 10 SIGNS OF POOR NUTRITION.**

|  |  |
| --- | --- |
| GOOD NUTRITION | POOR NUTRITION |
| Alert expression | Apathy |
| Shiny hair | Dull,lifeless hair |
| Clear complexion with good color | Grease,blemished complexion with poor color |
| Bright clear eyes | Dull,red-rimmed eyes |
| Pink firm gums and well developed teeth | Red,puffy,receding gums and missing or cavity-prone teeth |
| Firm abdomen | Swollen abdomen |
| Firm developed bone muscles | Underdeveloped-flabby muscles |
| Well developed bone structure | Bowed legs pigeon breath |
| Normal weight for height | Overweight or underweight |
| Erect posture | Slumped posture |
| Emotional stability | Easily irritated depressed poor attention span |
| Good stamina seldom ill | Easily fatigue frequently ill |
| Health appetite | Excessive or poor appetite |
| Health normal sleep habits | Insomnia at night fatigued during day |
| Normal elimination | Constipation or diarrhea |
|  |  |
|  |  |

5.Briefly describe rickets,osteomalacia,and osteoporosis.Include their causes.

**What is Rickets**? is a deficiency disease.It causes poor bone formation in children and is due to insufficient calcium and vitamin D.

**What is Osteomalacia**?is the deficiency disease in young adults it causes the bone to soften and may cause the spine to bend and the legs to become bowed.

What is Osteoporosis? Is acondition that causes bones to become porous and excessively brittle.

6.what is meant by the phrase”the cumulative effects of nutrition”?Describe some

**What is the cumulative effects of nutrition**?are the results of something that is done repeatedly over many years.E.g eating excessive amounts of saturated fats for many years contributes to atherosclerosis,which leads to heart attachs.Years of overrating can cause obesity and may also contribute to hypertention,type2(no-insulin-dependent)diabetes,gallbladder disease,foot problems,certain cancers,and even personality disorders.

7.Discuss why health care professionals should be knowledgeable about nutrition.

Nutrition promotes vitality and an overall sense of health and wellbeing by providing the body with energy and nutrients that fuel growth,healing,and all body systems and functions.Good nutrition also help to ward off the development of chronic disease. **Achieving a healthy diet** is amatter of balancing the quality and quantity of food that is eaten.There are five key factors that make up ahealthful.Adiet must be adequate ,by providing sufficient amounts of each essential nutrient,as well as fiber and calories.Nutrition is directly related to health,and its effects are cumulative.Good nutrition is normally reflected by good health.Poor nutrition can result in poor health and even in disease.Poor nutrition habits contribute to atherosclerosis,osteoporosis,obesity,and some cancers.To be well nourished,one must eat foods that contain the six essential nutrients.Carbohydrates,fat,protein,minerals,vitamins,and water.These nutritions provide the body with energy ,build and repair body tissue,and regulate body processes.When there is asevere lack of specific nutrients,deficiency disease may develop.The best way to determine deficiencies is to do anutrition assessment.With sound knowledge of nutrition,the health professional will be an effective health care provider.