ASSIGNMENT ONE FOR DIPLOMA IN HUMAN

1. Describe three ways in which cultural,religious,and social values affect dietary eating pattern

Religion and ethical consideration are very important in determining the choice of foods. Observant Jews and Muslim will eat meat only from animals that have cloven hooves and chew the cud .the Islam law and Jewish law mean clean: the meat of others animals, which are scavenging animals birds of and fish is regarded as unclean we now know that some of human being are forbidden to eat some particular food such as milk and meat some time there are who defend only for their local food

* Some avoid red meat but eat poultry and fish
* Some lacto vegetarian eat fish but not meat
* Lacto vegetarian eat milk but not eggs

1. create a table summarizes the six classes of nutrients and theirs functions

|  |  |
| --- | --- |
| Organic nutrients function | |
| 1. carbohydrate 2. protein 3. fat 4. vitamin | Provide energy  Provide energy and building and repairing a body tissue  Provide energy  Regulate body processes |
| Inorganic | Function |
| 1. mineral 2. Water | Regulate body processes  Regulate body processes |

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

1 the nutrition of the people is very fundamental right to the individual person who has in need of food daily therefore when you have a food in place and there will be no more issue concern of sickness.

2 When giving enough food to the country men and women which has a full and enough diet so there should be total different change in healthy human being with in the country.

3 When the country has priorities the company which deal with food produce therefore the nutrition may look as a best and genuine life in the country.

1. Opening for institution only for nutrition cards in the country also may raise the proper progress in health and nutrition.
2. Educating all people about food package and the proper use of balance diet to the individual partners for food responsibility in the country also can make our country well and unjoyful life .

4 List 10 signs of good nutrition and 10 signs of poor nutrition

GOOD POOR

Apathy

* Shiny hair Dull ,lifeless hair
* Clear complexion with good color. undeveloped ,flabby
* Alert expression Bowed legs
* Bright clear eye. Swollen abdomen
* Pin firm gum and well developed teeth. Constipation or diarrhea
* Firm abdomen Insomnia at night
* Healthy appetite slumped posture
* Normal elimination Excessive or poor appetite
* Erect exposure Overweight or underweight
* Well-developed bone structure

5 Briefly describe rickets, osteomalacia, and osteoporosis

RICKETS

Is the one deficiency disease which is affect bone of children?

Signs

1. Bone deformity
2. Poor formation of bone
3. Bend the legs

**Cause by lack of vitamin D and calcium**

**Osteomalacia**

Is another condition which make the bone deform and is cause by lack of vitamin D and calcium.

**Osteoporosis**

Is in older adult’s condition in where the osteomalacia and make the bone soften and bend and the legs may bone become porous and excessively brittle .too little.

**Cause by calcium and vitamin D phosphorous, magnesium and chloride.**

6 What is meant by the phrase ‘the cumulative effects of nutrition? Describe more

Cumulative effects of Nutrition

There is an increasing concern among health professional regarding the cumulative effect of nutrition .cumulative effects are the results of something that is done repeatedly over many year in that particular area .for example eating too much amount of fat or saturate fats for many years contribute to atherosclerosis , which leads to heart attack .always overeating may cause obesity and may also contribute to hypertension , types 2 diabetic or insulin dependent also cancer may happen some time .

1. Discuss why health care professional should be knowledgeable about nutrition.

The nutrition is very important session it may always showing us the directive of food nutrients in the family and the nationwide therefore health professional are having knowledge about nutrition also created the different food use and the use of balance diet and variety of food. Secondly the health care professional should have learn the significant use of calories use of food items such as carbohydrate, protein, fat, vitamin, mineral and water these are very important food guidance in the community and the nationwide.

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