DIPLOMA IN HUMAN NUTRITION MODULE THREE ASSIGNMENT

Date 29/11/2018

ASSIGNMENT THREE OF MONDULE THREE

1. Explain types of carbohydrates and five functions of carbohydrates in human body?

Carbohydrates represent a broad group of substances which include the following types

A Sugars

B Starches

C Gums

D Celluloses

The common attributes of carbohydrates are that they contain only the elements carbon, hydrogen and oxygen, and that their combustion will yield carbon dioxide plus one or more molecules of water.

The simplest carbohydrates are the three –carbon sugars which figure importantly in intermediary metabolism and the most complex are the naturally occurring polysaccharides, primary of plant origin in the diet of animals and fish, two classes of polysaccharides are significant:

A Structural polysaccharides which are digestible by herbivorous species – cellulose ,lignin ,dextran’s ,man nans ,inulin , partisans , pectin acids ,algid ,agar and chitin.

B Universally digestible polysaccharides – principally starch.

Carbohydrates make up three – fourths of the biomass of plants but are present only in small quantities in the animal body as glycogen, sugars and their derivatives, Glycogen is often referred to as animal starch because it is not present in plants. Derived mono –saccharides such as the sugar acids, amino sugars and the deoxysugars are constituents of all living organisms.

Function of carbohydrates

1. Provides the energy in the human body.
2. Repair and build the body tissues.
3. provide the body with sugars
4. Encourage the appetite on human need.
5. Facilitate and provide the body with enough balance diets
6. For the following nutrients, can you say why they are important and name three sources?

Are these food micronutrients or macronutrients) carbohydrate, protein, fat, and oils

These nutrients are very important because they are provide and build the body with equally huge of food materials and food balances diets and all act on tissues repairing and regulates the body in some activities base on the body need.

The sources of these food are follow.

1. Meat
2. Fish
3. Sugars
4. Eggs
5. Milk products

Therefore these nutrient are macronutrients

1. What nutrient deficiency do the following clinical signs /symptoms indicate )

It is the below two vitamin deficiency which has present of those signs and symptoms

1. Thiamine
2. Riboflavin

A Pallor B Goiter C Bitot, spot D Bilateral pitting oedema E Severe visible wasting

1. What is the impact of malnutrition on communities) how can you help prevent some of the negative effects of malnutrition?

The impact in the community are several both natural and man-made also there are some belief and taboos which make community to belief on negative effects. Such as weaning period some time there are some who are weaning theirs children before one year in order they want to have more children with in short period of years. The below impact in community are here follow

1. Political factor
2. Environmental factor
3. Belief
4. Taboos

Therefore to prevent some of negative effect in the community is to settle the proper and genuine government which priorities the community need and empower the availability of food to all every single human in the community. Secondly community should adapted and avoided the individual belief such as taboos and belief these are the effect which make the community to suffer most.

Weaning period must be two years plan .and some of the taboos which are not important to the community may be abundance.

5 who are the individual most vulnerable to vitamin A deficiency iodine deficiency disorder and iron deficiency anemia in your community? imagine you have identified people in your community who are suffering from Vitamin A deficiency , iodine deficiency disorder and iron deficiency Anemia what can you do to address these problem ?

These most people who vulnerable to those nutrient deficiency in the community are here below

1. Children under five years of age.
2. Pregnancy and lactating mothers with children less than six months
3. Those who have HIV/AIDS, Kalaaza and tuberculosis.
4. Elder people of above 60 years
5. Those who are suffering with severe malnutrition

To address this issue is to have enough health facility nutrition sits available in the community and also it need government involvement by educated the all population on important of nutrition program in the community.

Second is to put the preventive measure among community by giving vitamin A to all children in the community also to provide enough food which had components of food nutrients also give iron tablet and iodine tablet to the community affected.

1. Identify at least four ways in which fiber helps us maintain a healthy Digestive system?
2. Fiber provide adequate energy to Digestive system
3. Provide smooth environment to the Digestive system
4. Prevent some factors to Digestive system
5. Fiber lubricate all entire Digestive system to the oxygen and carbon

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