**Section One Assignments Date:30th/11/2018**

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

This regional and cultural diversity of foods provides one of the pleasures of travel.

As people travel more frequently, and become (perhaps grudgingly) more adventurous in their

choice of foods, so they create a demand for different foods at home, and there is an increasing

variety of foods available in shops and restaurants.

A further factor which has increased the range of foods available has been **immigration of people**

from a variety of different backgrounds, all of whom have, as they have become established,

introduced their traditional foods to their new homes.

It is hard to believe that in the 1960s there were only a handful of tandoori restaurants in the

whole of Britain and that pizza was something seen only in southern Italy and a few specialist

restaurants, or that Balti cooking was unknown until the 1990s.

**Some people are naturally adventurous** and will try a new food just because they have never

eaten it before. Others are more conservative and will try a new food only when they see

someone else eating it safely and with enjoyment. Others are yet more conservative in their food

choices; the most conservative eaters ‘know’ that they do not like a new food because they have

never eaten it before.

**Human beings are essentially social animals**, and meals are important social functions. People

eating in a group are likely to eat better, or at least to have a wider variety of foods and a more

lavish and luxurious meal, than people eating alone. Entertaining guests may be an excuse to eat

foods that we know to be nutritionally undesirable, and perhaps to eat to excess. The greater the

variety of dishes offered, the more people are likely to eat. As we reach satiety with one food, so

another, different, flavor is offered to stimulate appetite. A number of studies have shown that,

faced with only one food, people tend to reach satiety sooner than when a variety of different

foods is on offer. This is the difference between hunger and appetite – even when we are satiated,

we can still ‘find room’ to try something different. **Conversely, and more importantly, many lonely single people** (and especially the bereaved

elderly) have little incentive to prepare meals and no stimulus to appetite. Although poverty may

be a factor, apathy (and frequently, especially in the case of widowed men, ignorance) severely

limits the range of foods eaten, possibly leading to under nutrition.

1. **Create a table that summarizes the six classes of nutrients and their major functions.**

|  |  |  |
| --- | --- | --- |
| **S/N** | **Essential Nutrients** | **Major function** |
|  | **Organic** | |
| 1 | Carbohydrate | Provide energy |
| 2 | Fat | Provide energy |
| 3 | Protein | Build and provide tissues and regulate body tissues |
| 4 | vitamins | Regulate body process |
|  | **Inorganic** | |
| 5 | water | Regulate body process |
| 6 | mineral | Regulate body process |

1. **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**.

One of the newest areas in the realm of nutritional science is the scientific discipline of

nutritional genetics, also called nutrigenomics. **Genes** are part of DNA and contain the genetic

information that makes up all our traits. Genes are codes for proteins and when they are turned

“on” or “off,” they change how the body works.

2: While we know that health is defined as more than just the absence of disease, there are currently

very few accurate genetic markers of good health. Rather, there are many more genetic markers

for disease.

: science is evolving and nutritional genetics aims to identify what nutrients

to eat to “turn on” healthy genes and “turn off” genes that cause disease. Eventually this field will

progress so that a person’s diet can be tailored to their genetics. Thus, your DNA will determine

your optimal diet.

Science is always evolving as more and more information is collected.

5: The scientific method is part of the overall evidence-based approach to designing

nutritional guidelines that are based on facts.

 There are different types of scientific studies—epidemiological studies, randomized

clinical interventional trial studies, and laboratory animal and cell studies—which all

provide different, complementary lines of evidence.

It takes time to build scientific evidence that culminates as a commonly accepted

conclusion.

Agreement of experts across multiple scientific disciplines is a necessity for

recommending dietary changes to improve health and help to prevent disease.

1. **List 10 signs of good nutrition and 10 signs of poor nutrition**

|  |  |  |
| --- | --- | --- |
| **Characteristic of nutrition status** | | |
| **Good** | **Poor** |
| Normal elimination | Constipation or diarrhea |
| Healthy appetite | Excessive or poor appetite |
| Erect posture | Slumped posture |
| Firm abdominal | Swollen abdomen |
| Bright clear eye | Dull, red-rimmed eye |
| Well developed bone structure | Bowed leg ,pigeon breath |
| Good stamina, seldom ill | Easily fatigued , frequently ill |
| Healthy normal sleeping habits | Insomnia at night ,fatigued during day |
| shinny air | Dull lifeless air |
| Alert expression | Apathy |

1. **Briefly describe rickets, osteomalacia, and osteoporosis. Include their causes.**

**Rickets:** is a deficiency disease caused by poor bone formation in children and due to insufficient of calcium and vitamin D

**osteomalacia** is deficiency disease coursed in young adult some time is called adult rickets.it courses bones to soften and course spine to bend and the legs to be come bowed

**osteoporosis**  : is condition that course bone to be come porous and excessive brittle, a deficiency disease coursed in older adults people

1. **What is meant by the phrase “the cumulative effects of nutrition”? Describe some.**

Cumulative effects are the results of something that is done repeatedly over many

years. For example, eating excessive amounts of saturated fats for many years contributes to

atherosclerosis, which leads to heart attacks. Years of overeating can cause obesity and may

also contribute to hypertension, type 2 (non-insulin-dependent) diabetes, gallbladder disease,

foot problems, certain cancers, and even personality disorders

1. **Discuss why health care professionals should be knowledgeable about nutrition.**

In nutrition, health is affected by genetics, the environment, life cycle, and lifestyle.

These factors are referred to as “determinants” of health and they all interact with each other

**For example**, family income influences the food choices available and the quantity and quality of

food that can be purchased, which of course affects nutrition. Except for nutrition and lifestyle,

these factors can be difficult or impossible to change

**Everyone starts out in life with the genes** handed down to them from the families of their mother

and father. Genes are responsible for your many traits as an individual and are defined as the

sequences of DNA that code for all the proteins in your body. The expression of different genes

can determine the color of your hair, skin, and eyes, and even if you are more likely to be fat or

thin and if you have an increased risk for a certain disease. The sequence of DNA that makes up

your genes determines your genetic makeup, also called your genome, which is inherited from your mother and father. nutrigenomics is an emerging scientific discipline aimed at defining

healthy genes and not-so healthy genes and how nutrients affect them. Currently, scientists

cannot change a person’s DNA sequence. But they have discovered that chemical reactions in the

body can turn genes “on” and “off,” causing changes in the amounts and types of proteins. **Epigenetics** is another rapidly advancing scientific field in which researchers study how chemical reactions turn genes “on” and “off” and the factors that influence the chemical reactions. Some of these factors are now known to be nutrients.