Diploma In Human Nutrition Assignment 1

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Module 1 Assignments

Assignment No. 1

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Abstract

Diverse cultural, religious, and social values have significant impacts on dietary eating patterns human beings. There are six classes of nutrients and their major functions. 5 ideas on how to change the nutrition of the people of country mates on how to protect their health and the health of the planet. 10 signs of good nutrition and 10 signs of poor nutrition. Description of rickets, osteomalacia, and osteoporosis. Include their causes. Meant of the phrase “the cumulative effects of nutrition” with examples. Discussion on why health care professionals should be knowledgeable about nutrition

This paper examines the differences in dietary habits and other behaviors of distinct cultural, religious groups and socio-economic classes.

Keywords

Human, Nutrition, Nutrients, Diet, culture, religion, social groups, health behaviors

1. **Introduction**

Diet choice is a complex area because there are a number of factors that affect the population’s and an individual’s choice of food. These have been divided into 7 key determinants:

1. Biological determinants such as hunger, appetite and taste
2. Economic determinants such as cost and income
3. Physical determinants such as access, education, skills and time
4. Social determinants such as class, culture and social context
5. Psychosocial determinants such as mood, stress and guilt
6. Attitudes, beliefs and knowledge about food and
7. Religious determinants such as denominational restrictions and prescriptions

**1). Effects of culture, religion, and social values on dietary eating patterns**

Cultures, religions and social values are significant components in influencing human choices of food category, mode of preparation and seasonal timing. However, each category provides distinct influence to the dietary patterns of populations, groups and individual’s dietary choice. This paper explores the ways in which cultural, religious and social values impact on dietary eating patterns of populations and individuals.

Here are three ways in which cultural, religious and social values can impact dietary eating patterns on populations and or individuals:

Cultural values

Culture is a particular society that has its own beliefs, ways of life and art. Cultural influence can impact on diet choices and food preparation – evidence has shown that traditions, beliefs and values are among the main factors influencing preference, mode of food preparation and nutritional status, **Shepherd R. (1999).** Cultural habits however, have been shown to change, for example, when individuals move to a new country and adopt the food habits of the local culture. For example, South Asian females migrating to Scotland showed increased fat intake and this associated with an increased body mass index, and incidence of heart disease and type 2 diabetes, **Shepherd R. (1999).**

Culture has the following impact on population and individual choice of dietary patterns:

1. Culture defines what is edible:
   * Culture defines what is edible and what is inedible
   * To be labelled a food, an item must be readily available, safe, and nutritious enough to support reproduction
   * Culture overrides flavour in determining what is offensive or unacceptable
   * Disliking the idea of the food rather than the actual food itself
2. Culture defines the role of certain foods in the diet:
   * Every culture has a ranking for its foods
   * Major food categories include core foods, secondary foods, and occasional foods
   * Core foods
     + Provide a significant source of calories and are regularly included in the diet, usually on a daily basis
     + Core foods are typically complex carbohydrates
   * Secondary foods
     + Foods widely consumed but not on a daily basis
     + Vary with availability
   * Peripheral foods
     + Eaten sporadically
     + Typically based on an individual’s preferences, not cultural norms
3. Culture defines how food is prepared:
   * Traditional methods of preparation vary between and within cultural groups
   * Traditional seasonings also vary among cultures

Religious values

**Religion**is a system of beliefs, values, and practices concerning what a person holds sacred or considers to be spiritually significant, **Émile Durkheim (1915).** Religion may directly shape diet and physical activity through specific theological teachings and indirectly through general teachings about the body and its relationship to God. Religion may also influence diet and physical activity by providing social support, social networks and social control

Religion offers venues for people of like values, interests and activities to interact, enabling adherents to form larger social networks and receive greater social support. Religion has also been proposed to promote health-related socialisation with the church serving as a context for promoting, developing and maintaining health behaviours such as diet and exercise.

Religion and diet have been examined in studies of denomination and general religiosity. Some religious groups have dietary laws and guidelines. Hassidic Jewish sects have different nutrient intakes from general populations, Catholics have different diets from Protestants and Muslims have different dietary rules from the general populations. These different measures of diet bring greater clarity to the under-examining the relationships of religion and diet. Few studies have examined general religiosity’s relationship with dietary intake. Among religious samples, religiosity is associated with ‘healthful nutrition’ among the Greek Orthodox and healthier nutritional practices (without controls). In other samples, religion is related to healthier eating practices, food choice and nutrient intake. In contrast, nutritional practices like fruit and vegetable intake and limiting sweet and junk foods are not related to seeing the body as a manifestation of God or with seeing the body as sacred among university students **(Mahoney A and Carels RA)**

Religion tends to have a greater impact on food habits than nationality or culture and religious food practices vary significantly for example, among Christianity, Judaism and Islam

1. **Christianity**

There are 3 primary branches of Christianity which include: Roman Catholicism, Eastern Orthodox Christianity, and Protestantism. Their dietary practices vary from none to explicit e.g

* Roman Catholics
* Do not eat meat on Ash Wednesday or Fridays in Lent
* Avoid food and beverages 1 hour before communion
* Several fast days during the year
* Eastern Orthodox Christians
* Observe numerous feast and fast days throughout the year
* Only denominations in the Protestant faith with dietary laws

* Mormons (Latter Day Saints)
* Do not use coffee, tea, alcohol, or tobacco
* Limit meats; eat mostly grains
* Some fast 1 day per month
* Most Seventh-Day Adventists
* Lacto-ovo vegetarians
* Overeating is avoided
* Coffee, tea, and alcohol are prohibited
* 5 to 6 hours between meals without snacking

**2). Judaism**

There are 3 main Jewish denominations: Orthodox, Conservative, and Reform, they differ in their interpretation of the precepts of Judaism

* Orthodox Jews believe that the laws are the direct commandments of God so they adhere strictly to dietary laws
* Reform Jews follow the moral law but may selectively follow other laws
* Conservative Jews fall between the other two groups in their beliefs and adherence to the laws
* **Judaism:** Orthodox Jews keep “kosher,” a word commonly used to identify Jewish dietary laws that define:
* “Clean” foods
* “Unclean” foods
* How food animals must be slaughtered
* How foods must be prepared
* When foods may be consumed (e.g., the timing between eating milk products and meat products)

**3). Islam**

* Muslims eat as a matter of faith and for good health
* Health and food are considered acts of worship for which Allah must be thanked
* Halal: Islamic dietary laws
* Haram: foods that are prohibited

Social values

Sociology is the systematic study of human society, culture, and relationships on a group level. Social context includes both the people who have an impact on an individual’s eating behaviour and the setting in which an individual consumes their dietary choice. People influence an individual’s food choices directly and indirectly: buying  
food on behalf of an individual is a direct impact whilst learning from a peer’s behaviour (conscious or subconscious) has an indirect impact. Social support (e.g. families) can have a beneficial effect on individual’s food choice by encouraging  
and supporting healthy eating practices. The setting for food consumption (e.g. home, school, work, and restaurants) will affect food choice by the availability of food options.

There are differences in food choices in different social classes which lead to both under- and over-nutrition. For example, people within the higher social class groups tend to have healthier diets (e.g. higher intakes of fruit, lean meat, oily  
fish, whole meal products, and raw vegetables) compared with manual workers, **Gibney M.J.,Margetts B.M.** It is thought that higher socioeconomic groups have healthier diets because they may have higher educational levels and may be more health conscious and have healthier  
lifestyles. Social class differences in diet are of particular concern with respect to health inequalities. However, there are high percentages of individuals who perceive their diets to be healthy and do not believe that they need to make dietary changes. People therefore believe that they are at less risk from a hazard compared to others e.g. people  
overestimate their consumption of fruit and vegetables. An individual who considers their diet to already be healthy is less likely to adopt additional healthy eating practices.

**2). Summary of The Six Classes of Nutrients and Their Major Functions**

An essential nutrient is a nutrient that the body cannot synthesize on its own or not to an adequate amount and must be provided by the diet. These nutrients are necessary for the body to function properly. The six essential nutrients include carbohydrates, protein, fat, vitamins, minerals and water. The table below presents the 6 essential nutrients and their functions in the human body:

***Table 1. The Six Essential Classes of Nutrients and Their Major Functions in the Human Body***

|  |  |
| --- | --- |
| Nutrients | Function |
| Carbohydrates (CHO) | Provide major source of calories or energies for the body. (4 KCAL/GRAMS on average). |
| Protein | Maintain body tissues; provide calories for the body; and important for enzymes to increase rate of chemical bodily reactions. |
| Fat | Help regulate blood pressure and play role in the synthesis and repair of vital cell parts. |
| Vitamins | To enable chemical reactions to occur in the body. They help release the energy trapped in carbohydrates, lipids and proteins. |
| Minerals | Play a role in the nervous system functioning, water balance and structural systems. |
| Water | Acts as a solvent and lubricant to transport nutrients and waste, and a temperature regulator. |

**3). 5 ideas on how to change the nutrition of the people of South Sudan on how to protect their health and the health of the planet.**

When it comes to making healthy choices or living a sustainable lifestyle, it's easy to get caught up in the idea that you'll have to change everything in your life to make a real difference. Unfortunately, that kind of thinking can leave you feeling so overwhelmed and intimidated you don't even want to start making any changes at all, even small ones.

That's why country mates are encouraged to aim for small changes in their lives that will be sustainable over time. These consistent actions have the power to loosen the grasp of habits that aren't serving people anymore; Here referred to them as healthy evolutions. Since the health of our bodies andthe health of our planet are totally mingled, now is a great time to start a new healthy evolution that will preserve both at the same time. Here are five 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. Encourage country mates to stop buying processed and packed foods.**

Quoting from Dr. Frank Lipman, "Sugar is the Devil," and processed foods are loaded with sugar and other undesirable ingredients, oftentimes in foods you wouldn't expect. Even packaged foods that are marketed as "healthy," with words like "natural" on the label, can include strange things in their ingredient list so make sure to read labels closely

Through awareness creation or peer to peer influence, I would encourage country mates to refrain from buying or eating processed and packed foods. Add to the mix that these foods are often packaged in plastic that isn't readily recyclable, and can contain endocrine disrupters and aren't healthy for humans and the planet.

**2. Avoid taking home the produce bag.**

Encourage country mates to rely on natural foods: fresh, whole fruits and veggies are excellent options because they're full of nutrients to keep our best body feelings. Elaborate that putting these nutritional foods in plastics harms the health of the planet.

**3. Convince country mates to buy local produce from small farms, and grow their own**.

Emphasize that It's a good idea for both country mates and the planet to eat food that hasn't been shipped across the country, let alone around the world. Supporting local farms means one is eating more fresh food, and that less fossil fuels are required to transport the food to our locations.

**4. Encourage use of eco-friendly cleaning supplies.**

Encourage country mates to use a good, eco-friendly dish soap to clean home from top to bottom without a drop of toxic chemicals.

**5. Encourage walking and biking whenever possible.**

Let country mates know that the environmental impact of reducing the usage of fuel energy cars is of health benefits to both us and our planet.

**4). 10 signs of good nutrition and 10 signs of poor nutrition**

Nutrition is the intake of food, considered in relation to the body’s dietary needs. Good nutrition is an adequate, well balanced diet combined with regular physical activity and is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity. Below are 10 signs of good nutrition and 10 signs of bad nutrition on the human body (A 2010 study in *Journal of American Medical Association)*:

10 signs of good nutrition

1. **Healthy blood fat levels**

Cholesterol and triglycerides are the main fats found in our blood.  What we eat, exercise and genetics can all influence our blood fat levels.

1. **Normal blood sugar**

A normal blood sugar level is a sign of good nutrition and meaning less chances of getting diabetes.

1. **Healthy blood pressure**

Having low blood pressure can mean good nutrition and can reduce risk of cardiovascular disease.

1. **Regular bowel movements**

Regular bowel movements can be a healthy sign our nutrition is in good order. Eating enough fiber and drinking enough liquids are two ways to help keep things moving through our digestive tract.

1. **Healthy skin**

Good nutrition can improve our skin health, a good skin complexion with good colour means good nutrition.

1. **Strong immune system**

If our immune system is strong, we may be able to fight illnesses off easier or faster. That’s a sign of good nutrition.

1. **Strong bones**

Getting enough bone building nutrients like calcium, magnesium, vitamin D, potassium and vitamin K are important signs of good nutrition.

1. **Good muscle tone**

We can’t assess someone’s health just on their weight.  There are many factors that go into health: diet, exercise, stress, sleep, etc. are all important to take into account. Along with exercise, good nutrition can help promote muscle growth and strength.

1. **Constant energy**

If we’re feeling inactive throughout the day, it could mean many things.  Besides sleep levels, our energy levels may be related to our diet.  Getting enough nutrients, especially iron, could increase our energy levels meaning good nutrition.

1. **Mental function**

Having a sound mental state relates to our diet and is a true sign of good nutrition.

10 Signs of Bad Nutrition

1. Deformed posture of the spine
2. Feeling Tired.
3. Brittle, Dry Hair.
4. Ridged or Spoon-Shaped Nails.
5. Dental Problems.
6. Diarrhea.
7. Mood and Mental Health Issues.
8. Easy Bruising and Slow Healing.
9. Slow Immune Response.
10. Excessive or poor appetite

5). Describe rickets, osteomalacia, and osteoporosis. Include their causes.

Rickets: Is a deficiency disease caused by the lack of vitamin d; causes malformed bones and pain in infants and children

Osteomalacia: Softening of bone, particularly in the sense of bone weakened by demineralization (the loss of mineral) and most notably by the depletion of calcium from bone

Osteoporosis: Is a condition in which bone become brittle because there have been insufficient mineral deposits, especially ca

**6). Cumulative Effects of Nutrition**

Definition of the phrase “Cumulative”

Refers to effects caused by the diet over time. For example, a long-term diet that is nutritionally inadequate in certain vitamins can cause diseases like pellagra (niacin) or scurvy (vitamin C.) Or a high-fat diet over time can lead to obesity and coronary-artery disease. The effects are cumulative; they build up sequentially not immediate.

Pellagra is a deficiency disease caused by a lack of nicotinic acid or its precursor tryptophan in the diet. It is characterized by dermatitis, diarrhea, and mental disturbance, and is often linked to overdependence on corn as a staple food

Pellagra is a disease caused by a lack of the vitamin niacin (vitamin B3). Symptoms include inflamed skin, diarrhea, dementia, and sores in the mouth. ... There are two main types of pellagra, primary and secondary. Primary pellagra is due to a diet that does not contain enough niacin and tryptophan, ‎[Joseph Goldberger](https://en.wikipedia.org/wiki/Joseph_Goldberger) (1926)

Symptoms of pellagra include:

* Delusions or mental confusion.
* Diarrhea.
* Nausea (sometimes)
* Inflamed mucous membrane.
* Scaly skin sores.

**7). why health care professionals should be knowledgeable about nutrition.**

In order for inpatient and home healthcare teams (Physicians, physician assistants, nurse practitioners, nurses, physical therapists, registered dieticians, and Cardiac Response team members to implement a coordinated effort to promote outpatient CR to eligible patients and to facilitate referral and enrollment.

Further, in order to identify an appropriately qualified healthcare professional to lead the inpatient inter-disciplinary team. Whereas patient response presumes that programs can and should be tailored to suit patient preferences, it implicitly places an obligation on the care giving team to educate patients and to promote therapies that will best address the needs of a given patient.

**8). Conclusion**

Cultural influence can impact on diet choices and food preparation – evidence has shown that traditions, beliefs and values are among the main factors influencing preference, mode of food preparation and nutritional status. Cultural habits however, have been shown to change, for example, when individuals move to a new country and adopt the food habits of the local culture.

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