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

**Cultures:** the culturein which one grows up affects how one sees food in daily life and one specials occasions that is to say mostly ladies are prevented from eating foods like eggs, chicken, and liver which were consider food taboo hence affecting the nutrient of the mother and the fetus

It also affects the nutritional status of mother and children due to poor feeding, leading to sever illness like marasmus

In the **religious** facts of view, there are few religion which consider what to eat and not to eat for example pork mad fish and many others which are not eaten by the Muslims and seventh days hence affect the eating habits and nutrition status of the body

**Social:** the community can testify to the impact of peer pressure n eating habits this influence last through adulthood on what people make choice on food which affect the eating dietary pattern due to eating same kind of food for long time

The society faces difficulties of food production of same food which affect the diet hence nutrition status lowers

**2. Create a table that summarizes the six classes of nutrient and their functions**

The table below shows the classes of nutrients and their functions in the human bodies

|  |  |
| --- | --- |
| **Classes** | **Functions** |
| Carbohydrates | Provides energy |
| Fats | Provides energy to the body |
| Proteins | Build and repair body tissues  It’s also provide energy to the body |
| Vitamins | Regulate body processes |
| Minerals | It regulate the body processes |
| Water | It regulate the body processes |

1. **Explain 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**

Nutrition someone of the most import thing needed in the body for a better health hence this are the following in formation the people in the community they’re as followed;

The nutrition of the people in the country can be change through health and nutrition education to the people in order to sensitize them on diet

Can also be changed through teaching on sustainable agriculture practices to meet their nutrient requirement event if with low economic status

The health of the community can be improved through promotion of good hygienic practices at household level to enhance their health status and prevent secondary disease that can result to mal nutrition

The nutritional health status of my country can be improved through educating mothers on frequent breast feeding of children for at least 6 months and introducing complementary food afterward

More so, it can also be improved through practicing good enough nutrition management for all the family members

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

The following are the signs of good and poor nutrition in the body

**Good signs:**

* Well-developed bone structure
* Shiny hair
* Bright ad clear eyes
* Normal weight and height
* Health appetite
* Normal elimination
* Healthy, normal sleep habits
* Firm, well developed muscles
* Pink ,firm gum and well developed teeth
* Emotional stability

**The poor signs are as followed;**

1. Bowed legs
2. Dulls, lifeless hair
3. Overweight or under weight
4. Poor appetite
5. Constipation or diarrhea
6. Insomnia at night
7. Undeveloped flabby muscles
8. Red puffy receding gum and missing
9. Easily irritated and depressed

5**) Briefly describe rickets; osteomacia and osteoporosis include their causes**.

1. **RICKET**, is a deficiency disease which affects poor bones formation in children, it is caused by insufficient calcium and vitamin “D”
2. **OSTEOMALACIA,** is also one the disease which affect the bone of an adult that soften spine to bend and also legs to become bowed, its caused by lack of calcium and vitamin “D”
3. **OSTEOPOROSIS**; This is a condition that affect the bones to porous and excessively brittle, it is also caused by lack of calcium and vitamin “D”

**6) What is meant by the phrase “the cumulative effects of nutrition? Describe same**

The cumulative effects of nutrition results to something that is done repeat over many year like eating excessive amount of saturated fats that contributes to atherosclerosis

The cumulative effect of nutrition also causes obesity. This is when the body mass index (BMI) average is higher than the need one hence the weight of the body is abnormal

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

Education is also essential in preparing health care professional to provide nutritional care appropriately an understanding of basic principle of nutritional science is the foundation of which health care professional can help improve patient health out comes

The health professionals including nutritionists and nurses encounter nutrition issue every day for the health professionals to notices obese person critically ill patients, people with eating disorder and so hence a wide range of other clinical problems most professionals are passionate about helping others with specific conditions like diabetes to weight loss, anxiety and depression hence focus on certain condition of any heath professionals are trained to assist with a multitude of health concerns

The health care professionals encounter prevention of illness and diseases has long been recognized the attention has turned towards the care professionals who serve a key role in promoting healthy eating patterns