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**South Sudan**

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**RE: DIPLOMA IN HUMAN NUTRITION**

**Section One Assignments**

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

* Cultural Values: the eating pattern varies from one cultural setting to the other; i.e. what is being eaten in other cultural set up might not be eatable in some culture hence affecting the dietary eating pattern.
* Lack of variety of food in some culture makes it very difficult to make food choices which will make population and individuals to limit their selection on what is available only. Some cultures may also stick on their stable food only and neglect other types of food which is very rich in nutrients and this in return may affect their dietary eating pattern due to having only one type of nutrient from their stable food.
* Religious values: religion is a belief in different doctrine, and this doctrine specify the types of food which are recommended for that particular faith e.g. Muslim has cannot eat some animals like pig where as some Christian believers may eat, as people stick in to their religious faith, they in turn miss out on some highly nutritious and proteineous food which their belief does not allowed them to eat.
* Social values: influences more appetite as people who eat together are likely to eat much than individual. When variety of is offered ,people will not reach their satiety sooner than later since the appetite is high and different with different types of food

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

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| **Types of Nutrients** | **Their functions** |
| 1. carbohydrates | * Carbohydrates supply most of energy in the body |
| 1. fat(Lipids) | * They play a role in metabolic and structure of the body. It also provides energy in the body. |
| 1. Proteins | * Proteins is a body Building and repair body tissues |
| 1. Vitamin | * It regulates the body physiological processes |
| 1. Minerals | * It regulate body process and coagulation of blood and muscles contractions |
| 1. Water | * Water is a vehicle of solvent * It regulates body processes * Water is the element of temperature regulation |

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.

* Health Education on good feeding practices; this is has to take place at the all the levels, when health education is given to all the public educating them about the types of food, how much kilo calories in the particular product, amount of nutrient in the food and the affect of poor feeding practices. Our population will have the knowledge to choose the right types of food that will benefit them most and health wise than consuming food that will cause them illness/diseases.
* Production of variety of food; if the Nation should embark on agriculture, it will produce more food which is needed to satisfy her whole population and due to the availability of food, it means population will be healthy and this will reduce mortality rate of the country and the nation will be free from malnutrition which is cause by lack of food.
* Investment in infrastructures and social Amenities; the roads which are connecting to the big markets and farms should be upgraded and properly maintain these will help in transportation of goods quickly from the farms to the market and this will avoid perishable goods from spoiling along the way since it will reach the market on time without delay on the roads.

Institution and health sectors should do a lot in terms qualify personnel who have attained higher learning and are capable of handling and operating machines use in farms and hospitals in case of injuries and medical complication can be handle by qualify personnel by doing so we shall have change the nutrition of our people and protect the their health.

* Creation of job opportunity; when we look around the country, there’s a big number of unemployed young, energetic and able bodied youths who cause unnecessary crime and overdependence on the family member with job but limited resource. If these youths are given the opportunity to work, they will generate income and support themselves and these will change the nutrition and health of the country.
* Encourage Peaceful co existence; in the country where there’s peace, the economy of the country will be strong since people will go to , unlike where there’s insecurity people runs away to secure places and this means the economy of the country will be low which will resulted to famine and people will suffer from food shortages. Therefore, the country should always remains peaceful these will change the health and nutrition of the country.

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

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| **Good signs of Nutrition** | | **Poor signs of Nutrition** |
|  | Shinny hair | * Brown in color, dull and lifeless. |
|  | Clear skin with good color | * Greasy and blemish skin |
|  | Bright and clear eyes | * Red sunken eyes |
|  | Erect posture | * Weak posture |
|  | Clinical well and Alert | * Irritating when touch and cry |
|  | Normal abdomen size | * Always protruding abdomen and swollen |
|  | Good stamina with muscles clearly seen | * Look dull, fatigue and look ill all the time |
|  | Healthy appetite and can eat | * Poor appetite hence refusal to eat |
|  | Normal wait compare to height | * Over/underweight compare to height/length |
|  | Developed muscles and physically fit | * Flabby muscles and weak which can’t support the body |

1. Briefly describe rickets, Osteomalacia, and osteoporosis. Include their causes.

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| **S/N** | **Deficiency diseases** | **Descriptions** | **Causes** |
|  | Rickets | Is deficiency disease which affects mostly young children, It causes poor bone formation in children making the bone. weak | Ricket is cause due to lack of calcium and Vitamin D |
|  | osteomalacia | Is a disease of adult that causes the bones to become soft and weak, it also affect the bones of spine resulting to bending forward and makes the to become bowed like structure | It is cause by lack of calcium and Vitamin D in the body. |
|  | Oseoporosis | Is a condition that mostly affect women specially those who have reached their menopause, it’s affect bones to become porous and easy to break making them prone to fractures and breakages | It is cause by lack of calcium, Vitamin D, phosphorous and magnesium. |

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

* Is a condition that result from administration of drugs or eating of food with less or inadequate diet /nutrients for long period of time.
* Obesity; is a malnutrition deficiency which result from over and under eating this is due to excessive energy or nutrients intake with high nutrients dense food compare to energy expenditure for years.
* Pellagra; is a deficiency disorders that arises from overfeeding on carbohydrate (starched) for a longer period of times and it’s known for roughness of the outer layer of skin due to lack of Niacin, this happen mostly where niacin deficient diets not normally prevail and alcoholics are at the highest risk.
* Scurvy; is a nutrition deficiency, it’s mainly associated with low or insufficient intake of Vitamin C (ascorbic Acid), it’s mostly affect the elderly, alcoholics and population fleeing war areas or famine who can’t have access to Vitamin C for long period of time.

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

* For proper management of health and Nutrition condition; health care professional must be knowledgeable about Nutrition since they are at the heart and the focal persons who will managed any cases that will arises from health and Nutrition complications, failure to have them we shall not arrest any situation/ complain against this two discipline.
* Promotion of Health Education: Nutritionist should be knowledgeable since they have the knowledge on eating and feeding on good diets, they will educate the public on the importance of good feeding practices which will promote healthy living free from deficiency cause by poor feeding habits.
* For planning purposes; during the health Nutrition Emergency, in the war affected soon and during famine, healthcare professionals need to sit and planned for future short coming and how to combat the situation in malnutrition affected zone.
* For personal benefit: the healthcare worker is knowledgeable about nutrition because this will help him/her to plan for the type of food he/she is eating and to know he/she gain or loss weight.