

Meaning of Food, nutrition, Malnutrition & Importance of food

Food – Food can be defined as any substance which provides nourishment to the body and is fit to eat. It may be solid or liquid. Food is essential because it contains substances required for the functioning of our body.

Food provides the materials required by the body for energy production, growth and maintenance and regulation of various processes in the body. These materials are termed as nutrients.

Six nutrients which are important in nutrition are-

1. Proteins
2. Fats
3. Minerals
4. Carbohydrates
5. Vitamins
6. Water

No two foods possess same nutritive value.

Nutrients – These are chemical substance present in food, which are required by the body to carry out its functions.

Nutrition – In simple words, nutrition refers to the various processes in the body for making use of food. It is the study of various nutrients, their functions, traits, amount required and sources.

Nutrition also includes study of factors like effects of excessive intake, deficiency, digestion, absorption and utilization of nutrients along with their interrelationships.

Nutrition = eating \Rightarrow digestion \Rightarrow absorption \Rightarrow transportation \Rightarrow utilization

Nutrition is the science of nourishing the body. It includes more than just consuming a balanced diet. It includes eating the right kind and amount of food, absorption of nutrients, use of individual nutrients in the body, maintenance and growth of cells, tissues and organs and lastly elimination of wastes.

Malnutrition – Malnutrition is an impairment of health resulting from a deficiency, excess, or imbalance of nutrients in the diet. It includes both under nutrition or deficiency and over nutrition or excessive consumption.