



Fig. 1.3 Definition of nutrition

to all the cells of the body where they are utilized for different functions.

All the substances in the food which the body **cannot absorb** are thrown out in **faeces**. The processing and handling by the body of **absorbed nutrients** results in the formation of certain other substances or by-products. Some of these are harmful and **need** to be thrown out of the body. This is achieved by transferring them from the blood to the urine, The latter **is** then thrown **out** of the body. You will learn more **about** digestion and absorption in the next unit.

11.33 Social, Psychological and Economic Aspects of Nutrition

Social and psychological factors determine the acceptability of a particular dietary **pattern** and the foods Included. We might suggest a nutritious diet for a person but it might not be acceptable to him because of **socio-cultural** reasons, for example. **This is the reason** why a person's social background and **reactions** to particular food **items** have to be **carefully** considered. Further, economic **considerations** determine **whether** foods are **available** and affordable. Let us now look at each of these **aspects** in detail.

Social and cultural aspects of eating: Food has a special meaning in the social and cultural context, as you know. Our ancient Vedic tradition emphasizes food as the

Menu	: List of dishes included in a particular meal
Nourish	: To make well and strong
Obesity	: Extreme overweight
Tissue	: A number of similar cells in the body together form a tissue

1.9 ANSWERS TO CHECK YOUR PROGRESS EXERCISES

Check Your Progress Exercise 1

- 1) physiological; social, psychological
- 2) (a) proteins (b) fats (c) protective, regulatory
- 3) Answer on the basis of what you learnt about the functions of food.

Check Your Progress Exercise 2

- 1) Any four of the following:
a) food and nutrients b) processes of ingestion, digestion, absorption, transport and utilization of nutrients and disposal of end products c) social implications of eating d) economic implications of eating e) psychological implications of eating.
- 2) a) amounts b) absorption c) psychological

Check Your Progress Exercise 3

- 1) The state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
- 2) Physical, mental, social, spiritual
- 3) Suraj is not healthy. This is because he is not showing indications of optimum health and optimum functioning even though he is free from disease.

Check Your Progress Exercise 4

- 1) Good health cannot be achieved without good food. This statement is true. Nutrition is one of the major factors influencing the health of an individual. Since food is the source of nutrients, selecting and consuming the right types of food in the right amounts becomes important. If the diet is poor, ill health will result because of deficiency or excess of one or more nutrients.
- 2) Causation of diseases by deficiency or excess of nutrients; effect of nutrients in preventing disease and promoting quick recovery; good nutrition as one of the factors ensuring good health.