

FOCUS SPOT

FACTS ABOUT FOOD

Food is any substance consumed to provide nutritional support for an organism. Food is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. The substance is ingested by an organism and assimilated by the organism's cells to provide energy, maintain life, or stimulate growth.

Today, the majority of the food energy required by the ever-increasing population of the world is supplied by the food industry. Food safety and food security are monitored by agencies like the International Association for Food Protection, World Resources Institute, World Food Programme .Food and Agriculture Organization, and International Food Information Council. They address issues such as sustainability, biological diversity, climate change, nutritional economics, population growth, water supply, and access to food.

Energy Giving foods- Energy giving foods are those which are having proteins and nutrients (i.e protective nutrient, energy giving nutrient and body building nutrient) and also give energy to our body are known as energy giving food. Examples are: bread and cereal

Body Building foods- The bodybuilding diet is designed to build muscle and reduce body fat. It emphasizes foods high in protein and complex carbohydrates, such as whole grain bread, pasta, and cereal like milk eggs pulses help us to grow and make our bones and muscles.

Protective foods- Foods (as leafy or yellow vegetables, citrus fruits, meat, milk, eggs) that contain adequate amounts of vitamins, minerals, and high quality proteins and the protect against development of a deficiency disease (as pellagra, beriberi, scurvy) It also keep us healthy and protect us from illness.