

FAMILY NUTRITION AND FOOD DISTRIBUTION

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ABSTRACT

A nutrition education programme that lasted for ten weeks and was administered to 74 children in a public kindergarten was carried out with the purpose of determining whether or not the involvement of parents and other family members in the intervention improved the nutritional status of preschool-aged children. The children were each given a random assignment to one of three groups: the family participation group (FFG), the education group (EG), or the control group (CG). In the FFG, the interventions included school-based nutrition education, family nutrition education documents and family-child take-home activities, and monthly meetings with families. In the EG and CG, the interventions consisted of only school-based nutrition education, but the CG received no outside help. Both before and after the intervention, anthropometric measurements as well as a 3-day food record and an assessment of food category consumption were carried out. The intervention resulted in beneficial improvements in food availability, offering, and consumption patterns in both FPG and EG, with higher changes occurring in FPG and a decreased incidence of obesit.

Keyword:*Nutrition education program ; Nutritional status .*

INTRODUCTION

The beginning of adolescence is accompanied by a number of significant life changes. The rate of growth picks up significantly in pace. This growth spurt is brought on by the action of hormones, which impact every organ in the body. Because of this, maintaining a balanced diet is of the utmost importance at this time. The nutritional requirements continue to increase throughout infancy, reaching a high point during adolescence before levelling off or even decreasing as the kid matures into an adult. It would appear that the old adage, "You are what you eat," is accurate. We consume a wide variety of foods, including dal, chapatti, bread, rice, veggies, milk, and lassi, amongst other things. We receive the essential nutrients we need to maintain our health from the wide variety of foods that we consume. If you want to maintain your health, it is essential to be knowledgeable about the foods that you consume. The study of the effects that food and nutrients have on our bodies is referred to as the science of nutrition. In point of fact, nutrition and health are two aspects of the same concept. They cannot be separated for this reason. The consumption of food is directly related to nutritional status, which in turn is directly related to health. That being said, the single most crucial contributor to one's overall health and fitness is their diet.

Food

It is possible to describe food as anything solid or liquid that, after being ingested, digested, and absorbed in the body, feeds the body with important elements known as nutrients and maintains its health. Food can be of any consistency. It is one of the most fundamental requirements for living. Food not only provides energy but also supports the growth and repair of organs and tissues. In addition to this, it guards the body against illness and controls the operations of the body.

Nutrition

The science of foods, the nutrients and other compounds that they contain, as well as the effects that these substances have within the body, such as being ingested, digested, absorbed, metabolised, and expelled, is what is referred to as nutrition. This is a summary of the physiological aspects of nutrition; however, there are also social, psychological, and economic aspects of nutrition.

Nutrients

Nutrients are the components of food that must be delivered to the body in enough quantities in order for it to function properly. These comprise carbs, proteins, lipids, minerals, vitamins, water, and fibre. Also included are the essential nutrients. To maintain our health, we require a varied intake of nutrients from a variety of sources. The majority of foods have more than one type of nutrient, such as how milk has both proteins and lipids. On the basis of the quantity that is necessary to be ingested by humans on a daily basis, nutrients may be divided into two categories: macronutrients and micronutrients. The difference between macronutrients and micronutrients is illustrated in the figure that can be found on the next page.

OBJECTIVES

1. To study of a variety of food items
2. To study of meets the RDA for all nutrients

Health and Fitness

"Health is the condition of total physical, emotional, and social well-being, not only the absence of sickness or disability," declares the World Health Organization (WHO). Since 1948, there has been no modification to this definition at all. We all have the same goal in mind, which is to keep our bodies, minds, and relationships in the best possible shape possible. In order to keep our bodies in good shape, we need to ensure that our food has the required nutrients in the right proportions. The state of one's body is likely the component that can be grasped with the least amount of difficulty.

A condition of emotional and psychological well-being in which an individual is able to use her or his cognitive and emotional capacities, operate in society, and fulfil the usual demands of everyday life is

one definition of mental health. To put it another way, the lack of a clinically diagnosable mental disease is not always indicative of an individual's good mental health. One method for determining a person's mental health is to examine how well they are able to carry out their daily activities. Signs of excellent mental health include experiencing feelings of capability and competence, being able to handle typical levels of stress, sustaining happy relationships, and leading an independent life; and the ability to "bounce back" or recover from adverse experiences. Good body health is the consequence of regular exercise, a healthy diet and adequate nutrition, and sufficient rest for physical recovery. Physical fitness is the product of these factors.

Both general fitness, which refers to an overall condition of health and well-being, and particular fitness are both acceptable definitions of the phrase "physical fitness" (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). The capacity of the heart, blood vessels, lungs, and muscles to work at their very best is what we mean when we talk about physical fitness. In the past, physical fitness was described as the ability to do the tasks of a typical day without experiencing undue exhaustion. After the Industrial Revolution, there was a significant rise in the amount of time people had for leisure activities and other pursuits, which meant that this criteria was no longer adequate. In the circumstances at hand, the most effective use of resources is of the utmost importance. The ability of the body to perform efficiently and effectively in work and leisure activities, to stay healthy, to resist sickness, and to fulfil the demands of emergency circumstances is now commonly understood to be the definition of physical fitness. Aerobic fitness, muscular strength, muscular endurance, flexibility, and body composition are the five subcategories that make up overall fitness. Being physically healthy helps one become mentally and emotionally ready to take on problems.

When one is physically healthy, they have a sense of power and vitality. A person who is fit is able to handle the standard physical demands placed on them while yet maintaining the energy reserves to confront unexpected challenges head-on, such as sprinting to catch a bus. What We Eat, How We Eat, Our Health, and How Fit We Are The First Part of Human Ecology and Family Sciences 32 Therefore, fitness refers to the capacity to satisfy the demands of a physical activity, whereas health refers to a state of total mental, bodily, and social wellness. A person who takes care of their body and gets regular exercise has a greater capacity for learning, as well as more energy, stamina, and confidence. Maintaining a healthy weight may be accomplished via maintaining a healthy eating pattern in addition to a regular exercise routine. adolescents from 12 to 18 years old who have harmful behaviours and habits.

Vegetarian Food Guide

Plant foods, such as grains, vegetables, legumes, fruits, seeds, and nuts, are the primary sources of nutrition in vegetarian diets. Eggs, dairy products, or both may be included in certain vegetarian diets.

Even if you don't consume any meat or dairy products, you may still construct a healthy diet by following the recommendations in the daily meal guide. The food categories are comparable, and the amount of portions that should be consumed is unaltered. Alternatives to meat that are available to vegetarians include legumes, seeds, almonds, tofu, and eggs (for those vegetarians who consume eggs). Iron is typically provided by meats, but legumes and at least one cup of dark leafy greens can help fill up that nutritional gap. Soy "milk," which is really a product derived from soybeans and delivers equivalent nutrition to cow's milk if it has been fortified with calcium, vitamin D, and vitamin B12, is an alternative for vegetarians who do not consume cow's milk (i.e., these nutrients are added).

The food guidance pyramid places a focus on meals that come from the five food groups that are represented in the pyramid's three lowest portions. Each of these food categories offers some of the nutrients that your body need, but not all of them. It is not possible to swap foods from one category for those in another. There is not one food category that is more essential than the others; rather, you need all of them in order to maintain optimum health. The pyramid provides an overview of what each day's diet should consist of. It is not a precise prescription, but rather an all-encompassing guide that enables you to pick a nutritious diet that is customised to your specific needs. The food pyramid recommends eating a wide range of meals in order to obtain all of the necessary nutrients while also consuming the appropriate number of calories in order to keep a healthy weight.

Utilization

Even though food may be easily accessible and readily available, some members of the household may not be able to derive the full benefits of the food either because they do not receive an adequate portion of the food in terms of quantity and variety or because their bodies are unable to absorb the nutrients contained in the food because of improper food preparation or illness. Food utilisation can relate to the methods in which families make use of the food that is available to them, as well as an individual's capacity to absorb and metabolise nutrients, which can be thought of as the efficiency with which the body converts food into energy (WFP, 2009). Barrett (2010) underlined how important it was to pay attention to the nutritional content of the food that was readily available. The nutritional content of food, measured in terms of important micronutrients and vitamins, as well as the body's capacity to digest and absorb these nutrients, are both critical factors in determining whether or not a country has adequate food security. After a home has purchased food, there are a range of factors that determine the quantity and quality of the food that is distributed to each member of the household. In order to attain food security, food must be free from danger and available in adequate quantities to fulfil the physiologic requirements of each person. Food preparation, processing, and cooking methods in the community as well as in private homes can have an effect on the food's safety, which in turn can have an effect on how much of the food is consumed. Because the manner in which the human body processes and metabolises food depends on the individual's state of health, accessibility to medical treatment is yet another factor that influences food consumption.

Irregular meals

Irregular meal schedule missing meals: The increasing desire for autonomy and time spent away from home is reflected by the fact that the number of meals that teenagers skip or consume away from home grows as they progress through the stages of adolescence. It would appear that the evening meal is the one that is consumed the most frequently during the day. It has been shown that girls are more likely than boys to forego the evening meal, in addition to breakfast and lunch. In certain households with low means, the teenagers may not even obtain an acceptable number of meals or quantities, which can lead to nutritional insufficiency. This can have serious health consequences. Teenagers and young adults under the age of 25 are more likely than any other age group in the population to skip breakfast. This is despite the fact that breakfast is one of the most important meals of the day. Dieting and other attempts to lose weight are common behaviours among teenage females, which may help explain why they are more likely to skip breakfast than teenage guys. There is a widespread misconception among young females that they may keep their weight under control by skipping breakfast or lunch. In point of fact, taking this method is likely to have the opposite of the desired effect. It's possible that by noon or the middle of the morning, they'll be so hungry that they'll overcompensate for the "kilocalories saved." In point of fact, skipping breakfast might cause your metabolism to slow down, which can lead to weight gain as well as poor performance.

Snacking:

It's likely that snacking is a means of subsistence for teenagers. The habit of snacking does not always have to be a negative one. It can assist sustain energy levels, which is especially helpful for teenagers who are busy and growing. Due to the phenomenon known as "skipping meals," a significant number of teenagers do not consume their recommended three meals each day. Therefore, eating snacks often might really be advantageous in terms of ensuring appropriate consumption of necessary nutrients. However, relying solely on snacks as a means of sustenance is hazardous to one's health. Quick meals: Teenagers, particularly those who live in metropolitan areas, have a higher propensity to consume fast food due to the fact that it is both convenient and often done in a social setting. Furthermore, they may assume that it is the current trend in dining out.

Fast food

The majority of the time, fast food is loaded with fat and "empty calories." Even when we are eating at fast food places, we need to make good decisions about what we put in our bodies. The information presented in Table 2 pertains to quick-service restaurants.

Dieting

The epidemic of obesity among teenagers is becoming an increasingly serious concern. It is necessary to take action in order to keep the population's average body weight at the appropriate level. If this trend continues, eighty percent of them will be overweight as adults even if it is reversed. Because of this, they may be at an increased risk for a wide variety of health issues, including diabetes, high blood pressure, high cholesterol, and sleep apnea (a sleep disorder).

Healthy eating habits

Consume three well-balanced meals of a typical portion size each day in addition to two healthy snacks. One ought to make every effort to avoid skipping meals.

Drinking water

It's a good idea to get in the habit of drinking four to six glasses of water every day, especially before meals. The use of water will make one feel full without adding any calories to their diet. You should try to limit how frequently you consume soft drinks and fruit juices because they are high in energy (150-170 calories per serving).

Diet journal

It is beneficial to keep a weekly notebook that records not only the foods and beverages consumed but also the amount of time spent on activities such as working out, watching television, and playing video games. The practise of keeping a weekly record of one's body weight is beneficial.

Exercise

This is really necessary for living a healthy life. Keeping up a healthy level of physical activity can be facilitated by taking part in extracurricular activities such as sports. • Walk or ride a bicycle for short distances. This is one of the easiest ways to include more physical activity into your day.

- When you are in a building, use the stairs rather than the elevators.
- Engage in consistent physical activity for 20–30 minutes, three to four times a week. This may take the form of walking, running, swimming, or riding a bicycle. It is recommended that people of all ages participate in activities and sports, such as jumping rope, hockey, basketball, volleyball, or football; in addition, yoga should be practised.

CONCLUSION

The following relations exist between food and health: It has been shown that proper nutrition not only paves the way for adequate physical fitness and a reduced risk of disease, but it also paves the way for mental development and scholastic success. Researchers in nutrition receive training to investigate the intricate relationship that exists between the foods consumed and the state of health or disease in people

or groups. It should come as no surprise that research pertaining to human nutrition is of the utmost significance given the enormous potential influence that one's diet has on one's health and the undeniable reality that everyone consumes food. It has been shown that proper nutrition not only contributes to improved physical health and a lower risk of contracting diseases, but that it also plays a role in the development of cognitive abilities and the achievement of one's academic goals.

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