



SNS COLLEGE OF NURSING
Saravanampatti (po), Coimbatore.

DEPARTMENT OF NURSING

COURSE NAME : BSC (NURSING) I YEAR

SUBJECT : NUTRITION

UNIT: I: INTRODUCTION TO NUTRITION

TOPIC : BASIC CONCEPTS OF FOOD AND NUTRITION



INTRODUCTION



Nutrition, Nourishment or aliments refers to the nurturing of our body to keep it healthy and functioning as it is supposed to do. Nature has provided a variety for man to consume and be healthy. We consume food for maintenance of health, growth and develop greater resistance against infections.





DEFINITION



NUTRITION:

Nutrition is an art and also a science. Nutrition is defined as “the science of food the nutrients and other substance, they are in action, interaction and balancing in relation to health and disease”.





CHANGING CONCEPTS



- 1) The essential nutrients, proteins, fats and carbohydrates have been recognized in the early 19th century.
- 2) Specific Nutritional disorders were identified such as PEM, Vit A deficiency, Nutritional Anemia and blindness.





CHANGING CONCEPTS



3) The old concept of “the health sector alone is responsible for all nutritional problems” is now realized that approach of sector is essential to solve today’s nutritional problems.

4) During recent years the science of nutrition has extended to nutritional epidemiology.



HISTORICAL MILESTONES

- In pre- agricultural era, entire mankind consumed meat as early man was a hunter.
- With the advent of agriculture as an outcome of civilization, man acquired the ability to cultivate what he wanted.



HISTORICAL MILESTONES

- 400 B.C: Hippocrates – the “Father of Medicine” stated that everybody is same, no matter what they have been eating, or they have lived.
- 400 B.C: Foods were often used as cosmetics in the treatment of wounds.



HISTORICAL MILESTONES

- 1500 B.C: Scientist and artist Leonardo Da Vinci Compared the process of metabolism of the body to the burning of a candle
- Antoine Lavoisier – Father of Nutrition designed “Calorimeter” a device which measured heat produced by the body form work and consumption from different amounts and types of food.



HISTORICAL MILESTONES

- Early 1800's: It was discovered that foods re composed primarily of four elements : CHO, Nitrogen, Oxygen and methods were developed for determining the amounts of these elements.
- 1936 – Eugene floyd Dubois demonstrated that school and work performance is linked to caloric intake.





HISTORICAL MILESTONES



- 1992 – The department of Agriculture set up the Food pyramid, which was to be subsequently criticized by nutritionists throughout the world for different reasons
- 1992 – Integrated development foundation was formed.





RELATION BETWEEN NUTRITION AND HEALTH



- 1) Achievements of optimal growth and development
- 2) Maintenance of the structural integrity.
- 3) Mental well – being
- 4) Ability to withstand inevitable process of aging with minimal disability





RELATION BETWEEN NUTRITION AND HEALTH



5) Ability to Combat disease such as resisting infection, resisting the effect of environmental toxins/ pollutant





FUNCTIONAL OF FOOD AND NUTRITION



- 1) Food nutrition provides energy
- 2) Good nutrition provides raw materials
- 3) The “Little Helpers”
- 4) Good nutrition means Good health





FUNCTIONAL OF FOOD AND NUTRITION



- 5) Prevention of infection
- 6) Body development and maintenance
- 7) Nourishing and caring
- 8) Social functions of food
- 9) Psychological functions of food.



DETERMINANTS OR FACTORS AFFECTING FOOD AND NUTRITION

- 1) Development
- 2) Gender
- 3) Genetics
- 4) Beliefs about food
- 5) Experience



DETERMINANTS OR FACTORS AFFECTING FOOD AND NUTRITION



- 6) Personal experience
- 7) Nutritional habits
- 8) The quality of food
- 9) Biochemical availability
- 10) Education



DETERMINANTS OR FACTORS AFFECTING FOOD AND NUTRITION



- 11) Health
- 12) Disease
- 13) Family
- 14) Knowledge about nutrients
- 15) Status of women





ROLE OF NURSE



- 1) Assess the nutritional status
- 2) Analyze the nutritional demands of the individual
- 3) Conduct nutritional surveillance of the community
- 4) Plan and provide a nutritional health education programme





ASSESSMENT



- 1) Define nutrition
- 2) Describe Changing Concepts
- 3) Explain Determinant of food and nutrition





REFERNENCE



- Darshan sohi, “ A comprehensive textbook of applied Nutrition and dietetics” , 3rd edition, published by Jaypee publication.
- Shella John, Jasmine devaselvam, “Essentials of Nutrition and dietetics for nursing”, 2nd edition, published by Wolters Kluwer.

