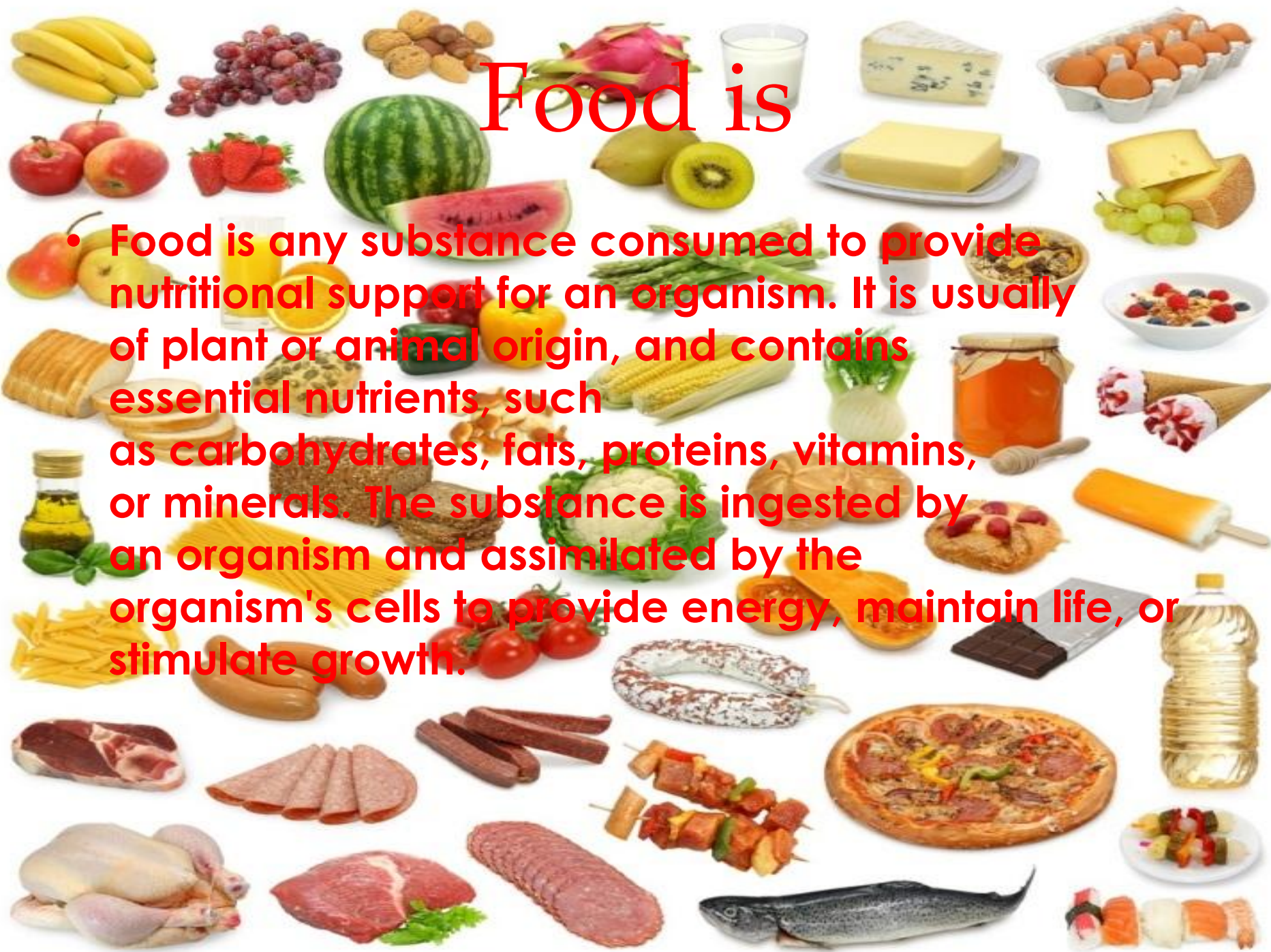




Food

Food is

- Food is any substance consumed to provide nutritional support for an organism. It 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.



Food sources

- **Plants**
- **Animals**



Food from Plant sources

- Many plants and plant parts are eaten as food and around 2,000 plant species are cultivated for food. Many of these plant species have several distinct cultivars.



Foods from animal sources

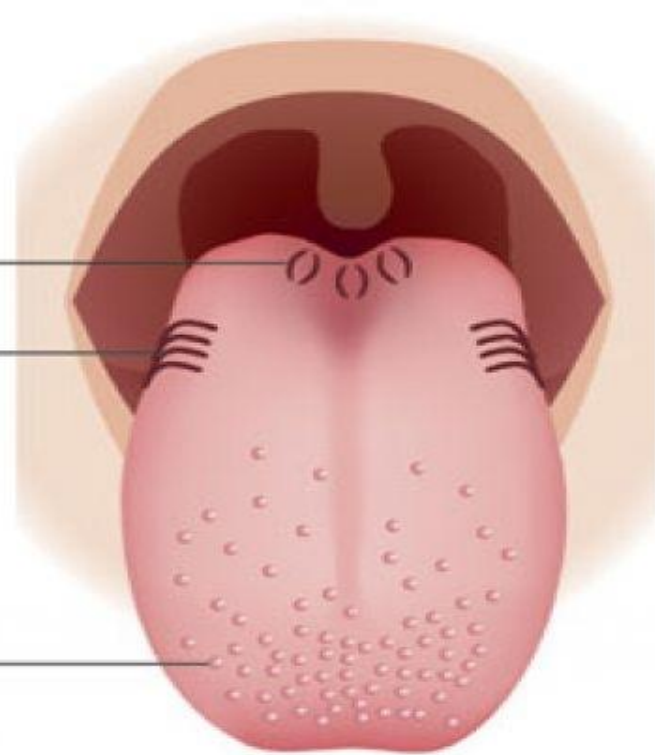
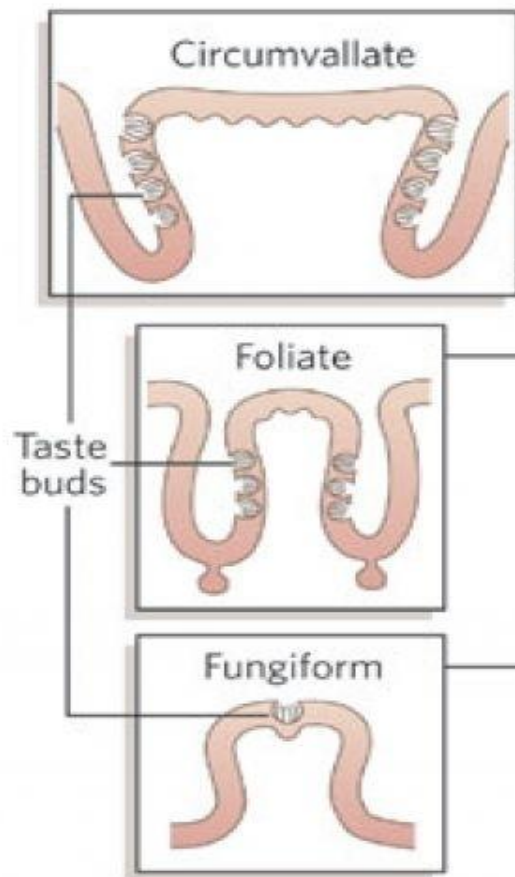
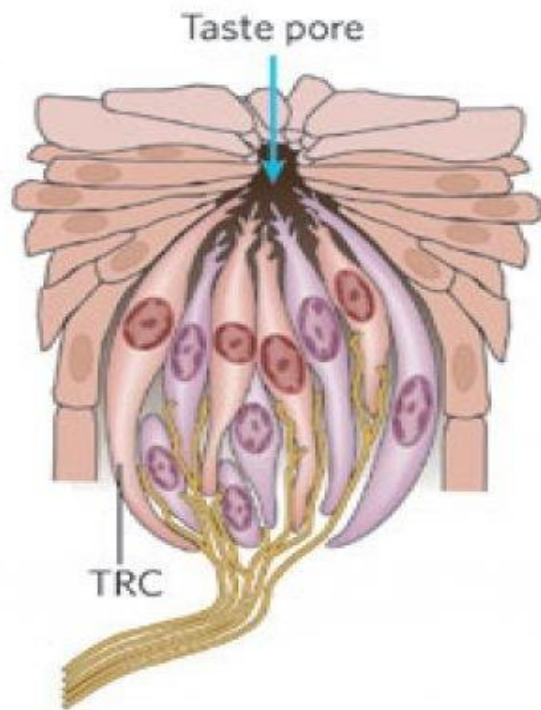
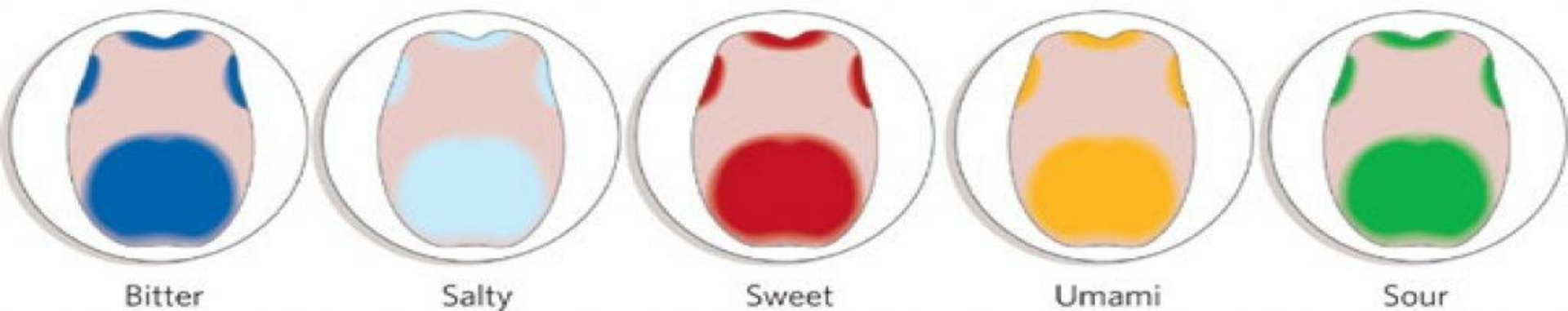
A collage of various animal-derived food products. In the center is a whole raw chicken. To its left is a piece of raw red meat. To its right is a black bowl filled with ground red meat. Below the chicken is a large piece of fish with a woven basket. In the foreground, there is a white bowl of white cream, a slice of yellow cheese, and several brown eggs and speckled quail eggs. A white container of yogurt is also visible on the right side.

- **Animals are used as food either directly or indirectly by the products they produce. Meat is an example of a direct product taken from an animal, which comes from muscle systems or from organs.**
- **Food products produced by animals include milk produced by mammary glands, which in many cultures is drunk or processed into dairy products (cheese, butter, etc.). In addition, birds and other animals lay eggs, which are often eaten, and bees produce honey**

Taste perception

1. Sweet
2. Sour
3. Salty
4. Bitter
5. Umami



a**b**

Cuisines

- Many cultures have a recognizable cuisine, a specific set of cooking traditions using various spices or a combination of flavors unique to that culture, which evolves over time. Other differences include preferences (hot or cold, spicy, etc.) and practices, the study of which is known as gastronomy.
- Some popular types of ethnic foods include Italian, French, Japanese, Chinese, American, Cajun, Thai, African, and Indian cuisine.



Diets

- Cultural and religious diets
- Diet deficiencies
- Moral, ethical, and health-conscious diets



DIET

Cultural and religious diets

- Dietary habits are the habitual decisions a person or culture makes when choosing what foods to eat. Many cultures hold some food preferences and some food taboos. Dietary choices can also define cultures and play a role in religion. For example, only kosher foods are permitted by Judaism, halal foods by Islam, and in Hinduism beef is restricted. In addition, the dietary choices of different countries or regions have different characteristics.

Religious-based Diets



Judaism

Kosher

X

Kosher

X

Kosher

Not with
meat

Buddhism

X

X

some

✓

✓

Hinduism

X

X

Restricted/
Avoided

?

X

Islam

Halal

X

Halal

X

X

Rastafarianism

X

X

no fish
over 12"

X

Seventh Day
Adventist

X

X

X

?

Sikh

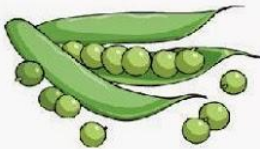
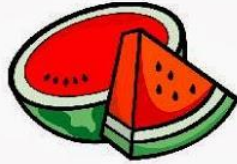
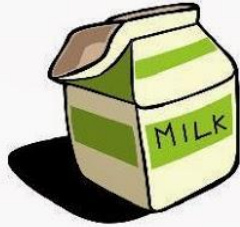
in some sects
Halal or Kosher

X

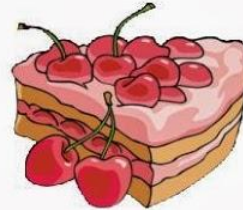
Diet deficiencies

- Dietary habits play a significant role in the health and mortality of all humans. Poor intake of various vitamins and minerals can lead to diseases that can have far-reaching effects on health. It is estimated that at least 3 million children are blind due to vitamin A deficiency. Vitamin C deficiency results in scurvy. Calcium, Vitamin D, and phosphorus are inter-related; the consumption of each may affect the absorption of the others. Kwashiorkor and marasmus are childhood disorders caused by lack of dietary protein.

Healthy Foods



Unhealthy Foods



Moral, ethical, and health-conscious diets

- Many individuals limit what foods they eat for reasons of morality, or other habit. For instance, vegetarians choose to forgo food from animal sources to varying degrees. Others choose a healthier diet, avoiding sugars or animal fats and increasing consumption of dietary fiber. More recently, dietary habits have been influenced by the concerns that some people have about possible impacts on health or the environment from genetically modified food.



Thanks for attention!