



Erasmus+

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Nutrition

How can nutrition influence the functioning of organism?



FOOD EVALUATION

- Monitoring the content of building substances – proteins, energy-rich substances – sugars and fats, and the content of water, vitamins, minerals and fiber
- Evaluation in terms of quantity - amount
- Quality assessment - food composition





NUTRITION

- Nutrition – the process that takes place in three phases: digestion, absorption, metabolism
- Digestion – chemical decomposition of complex particles into simple molecules – nutrients, using enzymes
- Absorption – the process by which nutrient molecules penetrate into body fluids – blood and sap, through the wall of the small intestine
- Transformation of substances – complex biological and chemical transformation inside cells
- Nutrient particles are decomposed by the action of oxygen and energy is released



BASIC FOOD INGREDIENTS

- Proteins
- Fats
- Sugars

BY – INGREDIENTS OF FOOD

- Water
- Salts
- Dietary fiber
- Vitamins, minerals



PROTEINS

- Basic elements for the construction, growth, renewal and functioning of all cells, tissues and organs
- Important for tissue growth and renewal, especially for children
- Source of enzymes and hormones
- Vegetable proteins - legumes (soybeans, peas)
- Animal proteins - meat, milk, eggs



FATS

- An important source of energy for the organism
- They have a high energy value and are stored
- Vitamins A and D are dissolved in fats
- Vegetable fats - sunflower seed, rapeseed, poppy seeds
- Animal fats - butter, fat



FATS



SUGARS

- A source of energy for the body - especially muscle activity and growth of children
- Energy source - stored
- Complex sugar - starch (potatoes, cereals)
- The most easily digestible sugar - in honey and sweet fruit





DIETARY FIBER

- An important component of food that has a beneficial effect on the function of the intestines - emptying the digestive system
- Unusable part of plants
- Fruits, vegetables, cereals





VITAMINS

- An organic molecule that is an essential micronutrient
- Necessary for human life and health
- Their deficiency causes various diseases
- The most important - vitamins A, B, C, D

MINERALS

- A nutrient that is needed in small amounts to keep the body healthy



SALTS

- An essential part of the cells
- Most important for humans - sodium chloride (table salt)
- Calcium and phosphorus compounds - important for bone and tooth growth
- Iodine - importance for the proper function of the thyroid gland





WATER

- Necessary for all life events in the body
- Important for diluting body fluids
- Intake - liquids, soups, fruits, vegetables
- Excretion - respiration, sweat, urine





DRINKING REGIME

- Humans can survive without water for only 2-3 days
- Water is the environment for metabolic and energy transformation processes
- 500-1000 ml of water enters the body through food, 1000-1500 ml through beverages, 250-400 ml through metabolism
- Fluid requirement per 1 kg body weight: infants 110 ml, children under 10 years 40 ml, adult 22-38 ml
- Ambient temperature always plays a role in fluid intake



PICTURES – USED SOURCES

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