

1 FOOD



Learning Objectives

After completing this lesson, students will be able to:

- ❖ know about spoilage of food and the food preservation methods.
- ❖ list out the deficiency diseases and the prevention methods.
- ❖ know about obesity and the method of calculation of BMI.
- ❖ understand the importance of balanced diet.
- ❖ identify the safety measures to be followed in the kitchen.



Introduction

Our body needs nutrients like proteins, carbohydrates and fats for its proper functioning. We get these nutrients from the food we eat. If we do not take all these nutrients in right proportion, it results in some diseases. Sometimes, we do not preserve the food properly and it gets spoiled. Sometimes through the spoiled food also we get diseases. So, we need to preserve the food we eat. In this lesson we will study about spoilage of foods and the ways to preserve them, deficiency diseases, balanced diet and also about kitchen safety.



I. Spoilage of Food

Food items like fruits, vegetables, milk and meat will be fresh for very short time. These are called perishable foods and they get spoiled easily. Some food items like rice have long life time but they also decompose. The change in the normal state of the food is called spoilage of food. Spoiled food becomes unsuitable to eat. We can notice such changes from the taste and smell of the spoiled food. Eating spoiled food results in diseases.