

OBJECTIVE

Paying close attention to the food habits early in life can bring health benefits later. Improper food choices can lead to many chronic diseases in later life. The science of nutrition deals with the processes by which components of food are made available to an organism for meeting energy requirements, for building and maintaining tissues, overall for maintaining optimal functional health. Knowing the science behind practice of good nutrition requires knowledge on the basics of food and nutrition which can be helpful in planning a healthy diet from good food choices and leading a healthy life.

In this module the following aspects are covered under introduction to food and nutrition:

1. Basic terms used in the study of food and nutrition
2. Nutrients
3. Food groups
4. Dietary reference intakes
5. Relationship between food, nutrition and health
6. BMI and Nutritional status