

HOME ECONOMICS

HEALTHY EATING/ FEEDING HABITS

The human body is like a machine. Therefore, it needs good maintenance and regular repair. You should also form healthy eating habits in order to remain healthy. So, healthy feeding habit is part of good grooming.

Food is any liquid or solid material which when eaten and digested can provide the body with nourishment.

Functions of Food

1. It provides the body with heat and energy.
2. It helps in the growth and repair.
3. It protects the body from disease.
4. Roughage in food helps bowel movement and prevents constipation.
5. Food is necessary for good health and vitality.

Food Grouping

Food can be grouped according to the nutrients they contain and the functions they perform in the body.

1. **Body building food:** they include meat, fish, eggs, milk and beans, etc. They are portentous food.
2. **Energy food:** they are carbohydrates and fats. Proteins can also supply energy but not as much as carbohydrates and fats. E.g., starchy foods such as yam, potatoes, cassava, bread, rice, palm oil, groundnut oil, etc.
3. **Protective food:** these protect the body from diseases. They are vitamins and minerals.
Sources include vegetables and fruits.
4. **Roughage:** This is an important food items. It is indigestible part of food such as cellulose.

Uses of Roughage

1. It increases the bulk of food.
2. It helps digestion and bowel movement.
3. It help to prevent constipation.

FEEDING/EATING HABITS

Feeding or eating habits are your everyday patterns of eating. It involves the tendency to reach out for the same foods whenever you are hungry. Some feeding habits are developed when you are very young.

Healthy feeding habit: this results from choosing nutritious food in a conscious way.

Unhealthy feeding habit: this results from making poor food choices over a period of time. Such food affects your health over a long period of time. Wise choice of food is therefore very important.

IMPORTANCE OF HEALTHY FEEDING HABITS

1. Look and feel better.
2. Have more energy.
3. Prevent you from getting some diseases later in life e.g. obesity, diabetes, heart diseases.
4. Have body better equipped to heal fast and properly, then poorly nourished one.

Guidelines for healthy eating.

1. Eat food from all the food groups.
2. Balance the food you eat with physical activity.
3. Always eat three balanced meals every day.
4. Do not hurry over meal or eat too quickly.
5. Chew your food properly.
6. Avoid picking your teeth with your finger nails, use toothpick decently.
7. Do not talk with food in your mouth.
- 8 Do not be greedy consider others when helping yourself with the food.
9. Close the mouth when chewing the food, etc.

EFFECTS OF UNHEALTHY FEEDING PRACTICES

(E.g. Marasmus, Kwashiorkor, Obesity etc.).

Marasmus is a deficiency disease, that is, lack of both calorie energy and proteineous food in children.

Kwashiorkor is a protein deficiency disease, which occurs as a result of mal-nutrition. It occurs mainly in children from 1-3 years of age, it occurs in children whose diet is grossly deficient in protein.

Characteristics of Kwashiorkor in a Growing Child

1. Retard growth.
2. Weak muscles.
3. Mental changes are usually present.
4. Swollen legs/pot belly.
5. Change of hair colour usually from dark to red results.
6. The skin becomes cracked.

Causes of Kwashiorkor

1. Poor infant feeding practices.
2. Lack of rich food, both animals and vegetables such as meat, fish, milk, eggs, tomatoes, beans and peanuts.

3. Seasonal food shortages, especially in hungry season just before the new planting season.
4. Poverty and its effects.
5. Infections such as diarrhea, measles, whooping cough and others.

Features of Marasmus Diseases

1. Retardation of growth and reduction of weight.
2. Increase appetite for food.
3. Dehydration or lack of water in the body.

4. Wasting of muscles and fats below the skin. This makes the child look like a monkey. All the bones will show.

Obesity is the accumulation of excess fat in the body. It is a condition in which excess fat has been stored in the body until the body weight is above the normal.

Causes of Obesity:

1. Excessive intake of food exceeds, in calorie values.
2. Common disorder of the endocrine system.
3. Lack of exercise.
4. Genetic factor.

The hazards of obesity is called the five "Ds".

1. Disfigurement.
2. Discomfort.
3. Disability.
4. Disease.
5. Death.

Disease such as high blood pressure, heart disease, stroke and diabetes.

Prevention of Obesity

- i. Obsessed persons should do exercise that is, they should make exercise a habit.
- ii. Obese people should lose weight by not eating fatty foods or starchy foods like yam. They should eat fruits vegetables and lean meat and avoid over eating.

Sickle Cell

Sickle cell is an inherited disorder in which the red cell in the blood, takes an unusual shape because, the hemoglobin in the cells includes the "S" form. The factor makes the red cell less effective in carrying oxygen.

Anaemia

Anaemia is a shortage of haemoglobin in the blood. It may result from having too few cells, or both haemoglobin provides the means in which oxygen is carried round the body. **Treatment:** the treatment is to increase the iron content of the diet, but it may also be necessary to take tablets of, iron (ii) sulphate (iv) for a month or two.

Rickets

Rickets is a disease of the skeleton as a result of lack of calcium retention in the skeleton. This is a deficiency disease caused by lack of vitamin D and calcium in the diet.

EFFECTS OF UNHEALTHY EATING HABITS

(E.g. Stomach ache).

1. Stomach ache is a term often used to refer to cramps or dull ache in the tummy (abdomen). It's usually short lived and it is often not serious.
2. Stomach cramp with bloating is often caused by trapped wind. This is very common problem that can be embarrassing, but is easily dealt with.
3. Sudden stomach cramps with diarrhea. If your stomach cramps have started recently and you also have diarrhea, the cause may be a viral or bacterial infection of the stomach and bowel, which should get better without treatment after a few days.
4. Sudden severe abdominal pain. If you have sudden agnostic pain in a particular area of your tummy, call your general practitioner immediately.
5. Long-term or recurring abdominal pain see your doctor if you or your child have persistent or repeated abdominal pain. The cause is often not serious and can be managed.

Four Ways of curing Stomach Ache

1. Treating nausea.
2. Treating stomach cramps.
3. Treating indigestion.
4. Preventing future stomach ache.

METHOD 1: Treating nausea

1. Drinking clear liquids.
2. Eat blend food.
3. Try cola syrup.
4. Vomit if you need to.
5. Take medication.
6. Avoid hard drugs.

METHOD 2: Treating stomach cramp.

1. Take a hot bath.
2. Massage your stomach.
3. Try aloe-vera juice.
4. Try ginger water.
5. Avoid alcohol and soda.
6. Avoid oily foods.

METHOD 3: Treating indigestion.

1. Watch what you eat.
2. Drink after you eat.

3. Take digestive enzymes.
4. Drink tea.
5. Take rest after eating.
6. Take medication

METHOD 4: Prevention of stomach ache in the future.

1. Manage your stress.
2. Change the way you eat and drink.
3. Manage your weight.

FOOD ADDITIVES

(Uses, Misuse and detection).

Food additive is any natural or synthetic substance, intentionally added to food in the processing, packaging, transporting or storage of food for a technological purpose.

Common Food Additives Include:

1. Preservatives.
2. Antioxidants.
3. Sweeteners.
4. Colouring matters.
5. Flavour enhancers.
6. Thickeners and emulsifier.

Food additives do not include nutrients such as vitamins and minerals used for enriching food, or herbs and spices when used as seasonings. Manufacturers use food additives to create products that people want to buy. They may also increase how long the food will last.

TYPES OF FOOD ADDITIVES AND USES

1. *Colouring*: this may be used to replace the natural colour, lost as the food is processed. They may also be used to add colour to make the food product look more attractive; because, people buy food that looks attracting.
2. *Flavourings*: these may be used to give food a taste that was lost in processing. Or they may add a taste to food that has very little.
3. *Sweeteners* are used to make food tasty. Sugar is a natural sweeteners present in baked snacks. But extra sweetner can be added to make the food delicious.

Artificial sweeteners, such as saccharin are many times sweeter than sugar, very small quantities of these are used to sweeten "diet" food such as cola and yoghurt.

4. *Emulsifiers* help to mix together substances which do not easily mix such as oil and water. Stabilizers stop these substances separating again after they have been mixed.
5. *Preservatives* prevent the growth of microbes such as bacteria or moulds in food during storage. They give food a longer shelf life. Examples are sulfur dioxide in dried fruit and nitrites in bacon.

6. *Antioxidants* these prevent the reaction of chemical in the food with oxygen in the air, which makes food go stale. This reaction make fats and oils go rancid, giving them an unpleasant taste. They may also cause food to change colour.

MISUSE OF FOOD ADDITIVES

Most problems are caused by the misuse, or by the addition of non-food chemical products.

Some are misused deliberately to make profit; others are misused out of negligence. Long-term over intake of colouring agents, for instance may cause cancer.

SUBSTANCES THAT SHOULD NOT BE CONSUMED

(Banned additives, spoiled fruits, undercooked food etc. and expired products).

Harmful substances are contaminated fruits, food, water and drugs that are unfit for human consumption. OR **Harmful substances** are anything that is contaminated and threatens the safety of man in his environment.

EXAMPLES OF HARMFUL SUBSTANCES

1. Stale food, is the food that is no longer fresh and therefore unpleasant to eat if not properly preserved. E.g. bread has been left on the table for about one week will become stale and infected with bacteria or fungi.
2. Poorly cooked food. Food should be properly cooked before eating as some of them such as meat or fish may carry certain parasites that are not fit for consumption.
3. Rotten food such as fruit, meat or fish.
4. Impure water is a dirty water that is not fit for the body system.
5. Unripe fruits should not be eaten.
6. Infested food.
7. Cigarette.

EFFECTS/RESULTS OF TAKING IN HARMFUL SUBSTANCES.

1. It can lead to death.
2. It leads to ill health.
3. It causes body weakness.
4. It affects the growth of a child.

WAYS OF PREVENTING INTAKE OF HARMFUL SUBSTANCE.

1. buying in smaller quantity, foodstuffs, toiletries and other personal items.
2. Use simple cleaners. Plain mixture of water with baking soda or vinegar or castile soap can be used for many cleaning tasks throughout the home, etc.