

Culture, diet and nutrition 471 nurs

Assistant prof .Essmat Gemaey
Psychiatric and mental health
nursing

Objectives



After completion of this lecture the student should be able to

- 1-Identify different Food classification
- 2_know component of Proper nutrition
- 3determine individual dietary choice according to cultural and health value

Outlines

1-introduction

2-Food classification

Food versus non-food

Sacred versus profane foods

Parallel food classifications

Food used as medicine, and medicine as food

-Social foods (which signal relationships, status, occupation, gender or group identity)

3-Component of Proper nutrition

4-Health and dietary habit

5- Cultural dietary choices

6 -individual dietary choice

7- Rules for healthy eating



Dietary habits

- Are the habitual decisions an individual or culture makes when choosing what foods to eat? Although humans are omnivores, each culture holds some food preferences and some food taboos

Food classification

Food versus non-food-

Each culture defines which substances are edible and which not, although this definition often leaves out substances that have a nutritional value

scared versus profane foods

the term 'sacred foods' validated by religious beliefs

Foodstuffs a forbidden by the religion can be termed 'profane'.

Islam

Neither pork nor any pig products may be eaten. The only meat permitted is that from cloven hooved animals that chew the cud and it must be halal or ritually slaughtered.

Hinduism,

Orthodox Hindus are forbidden to kill or eat any animal, particularly the cow. Milk and its products may be eaten, since they do not involve taking the animal's life. Both fish and eggs are infrequently eaten

Judaism

all pig products are forbidden, and also fish without fins or scales, birds of prey, and carrion. only animals that chew the cud, have cloven hooves, and have been ritually slaughtered are kosher and may be eaten

Parallel food calcifications

- The division of all food stuff into two main groups, usually called Parallel food clacification 'hot or, cold: a feature of many cultural groups
- The hot medicines included
 - aspirin,
 - castor oil,
 - penicillin,
 - cod liver oil,
 - iron and vitamins,
- While cold medicines
 - were bicarbonate of soda,
 - mannitol, nightshade
 - and milk of magnesia

HOT

- Alcoholic beverages
Chilli peppers
Chocolate
Coffee
Corn meal
Evaporated milk
Garlic
Kidney beans
Onions
Peas
Tobacco

Food as medicine, medicine as food

- Many plants are used both as medicine and as food, eg. cashew nuts were chewed for treatment of intestinal worms, diarrhea and dyspepsia but were also added to soup and used as condiment in vegetable food

3-Parallel food clacifications

COLD

Barley

waterBottled milk

Chicken

Fruits

Honey

RaisinsSalt-

codWatercress



3-Parallel food classifications

- The division of all food stuff into two main groups, usually called 'hot or, cold: a feature of many cultural groups
- The hot medicines included
 - aspirin,
 - castor oil,
 - penicillin,
 - cod liver oil,
 - iron and vitamins,
- While cold medicines
 - were bicarbonate of soda,
 - mannitol, nightshade
 - and milk of magnesia



- cool
- Barley
- waterBottled milk
- Chicken
- Fruits
- Honey
- RaisinsSalt-
- codWatercress

5-Social foods

In every human society food is a way of creating, and expressing, the relationships between people.

Component of Proper nutrition

- Component of Proper nutrition 1-
Vitamins,
- 2-Minerals,
- 3-And fuel in the form of carbohydrates,
proteins, and fats

Health and dietary habit

Dietary habits play a significant role in the health and mortality of all humans. Dietary choices can also define cultures and play a role in religion

Targeted Media

- 1-Targeted media advertisement to low-income communities is another environmental factor that may negatively influence their cancer risks.
- 2 Additionally, a greater number of advertisements for unhealthy products such as sodas, and alcoholic beverages appear in magazines and television shows that

Cultural dietary choices

- Some cultures and religions have restrictions concerning what foods are acceptable in a diet
- Americans eat more red meat than people in most other countries,
- and Japanese eat more fish and rice. Rice and beans are typical parts of a diet in

Individual dietary choices

Many individuals choose to limit what foods they eat for reasons of health, morality, or other factors

Rules for healthy eating

Rules for healthy eating First, clear out
all the foods you don't want to eat
get rid of the high-sugar foods
Toss out any foods that contain
hydrogenated vegetable oil, partially
hydrogenated vegetable oi

Thank you

