

# NUTRITION

(Dieting, Genetically Modified Food,  
Vegetarianism)

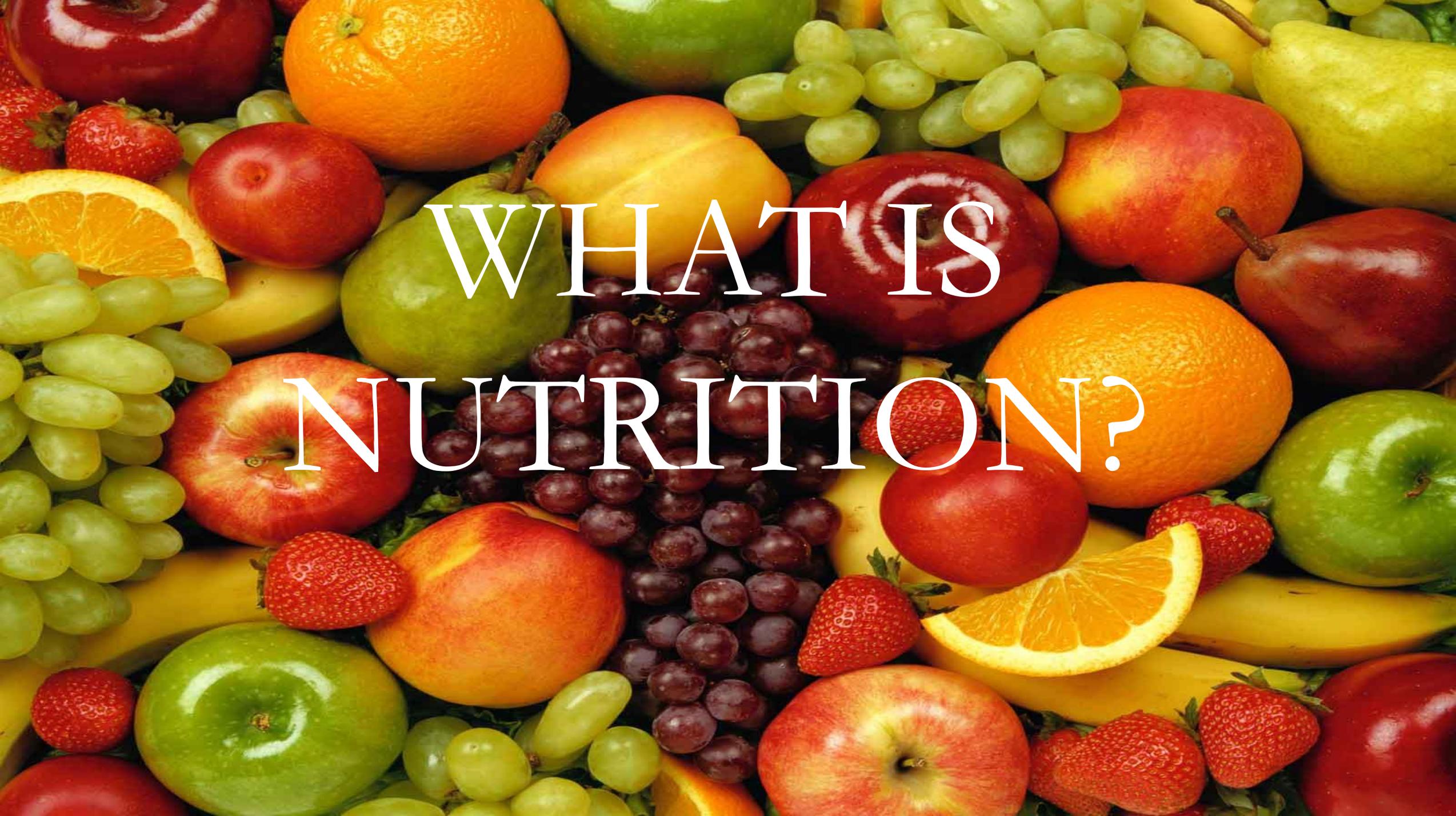
---

Erasmus + students exchange 13.03.2016-19.03.2016

POLAND - DĄBROWA GÓRNICZA

Skłodowska Team

Hope you like it ☺



WHAT IS  
NUTRITION?



What is Nutrition? Simply said, Nutrition is the study of food at work in our bodies, our source for energy, and the medium for which our nutrients can function. Think of nutrition as the building blocks of life. It is just one key to developing and maintaining good health. Good health is defined as a state of complete physical, mental and social well-being — a healthy mind, body, and spirit.

DIETING



Proper nutrition is indispensable, diets have a beneficial effect on health.



Dieting is frequently mistaken for intentional food deprivation, which is meant to decrease the daily calorie intake in order to reduce the amount of superfluous fat. In fact, a diet provides the body with nutrition which, in turn, keeps it in good shape and prevents certain diseases. Moreover, nutrients (vitamins, minerals and proteins) directly influence our efficiency at school or work, as well as our appearance (skin, hair, etc).

Certain diets purify the human body of various toxic substances absorbed from the environment. Such diets (or short temporary fasting) also rid the body of by-products of digestion, subsequently stimulating the digestive system.

# Diets can deprive the body of proper nutrition and are not suitable for everyone.

---

- It is in early childhood that eating habits are formed. However, due to various factors, nutritional habits may change and improper nourishment can cause prolonged hunger, depression, fatigue, irritability, and weight fluctuation. In extreme cases it can lead to suicidal thoughts diabetes, liver and kidney damage and even cardiac arrest. Many diets, although designed to free the body from unwanted fat, often devastate the system.  
Due to metabolic factors certain diets will not work for every individual; a diet which was successful for one person may not bring about the desired results for another. What is more, the exceedingly wide range of diets is constantly expanding, which may suggest that previous "miracle" diets simply do not work.

# Genetically Modified Food



# What are genetically modified foods?

---

When scientists alter the genetic structure of a plant or animal in order to manufacture advantageous traits in the organism, they are engaging in what is called genetic modification (GM).

The resulting product is a genetically modified organism (GMO). GM is a form of food biotechnology.



However, with the advent of genetic technologies, scientists are now snipping genes from microbes, plants, and even animals via restriction enzyme technology and splicing them into the plant genome in order to create new traits like herbicide or insect resistance. Thus, GM is also referred to as recombinant DNA technology (rDNA), transgenic or bioengineering.

# GMF

---

A gene that prevents rotting in beans might be spliced into tomatoes. This produces a tomato that looks and tastes like an unaltered tomato, but is resistant to rotting. Most GM foods are developed to be pest, disease or herbicide resistant.

The Monsanto Corporation accounts for nearly 90% of transgenic traits around the world.

# The approved GMs in the U.S. include:

---

## HERBICIDE RESISTANCE

Corn, soy, cotton, canola, rice, alfalfa, beet, flax

## INSECT RESISTANCE

Corn, cotton, potato, tomato

## STERILE POLLEN

Corn, chicory

## VIRUS RESISTANCE

Papaya, squash, plum

## DELAYED RIPENING

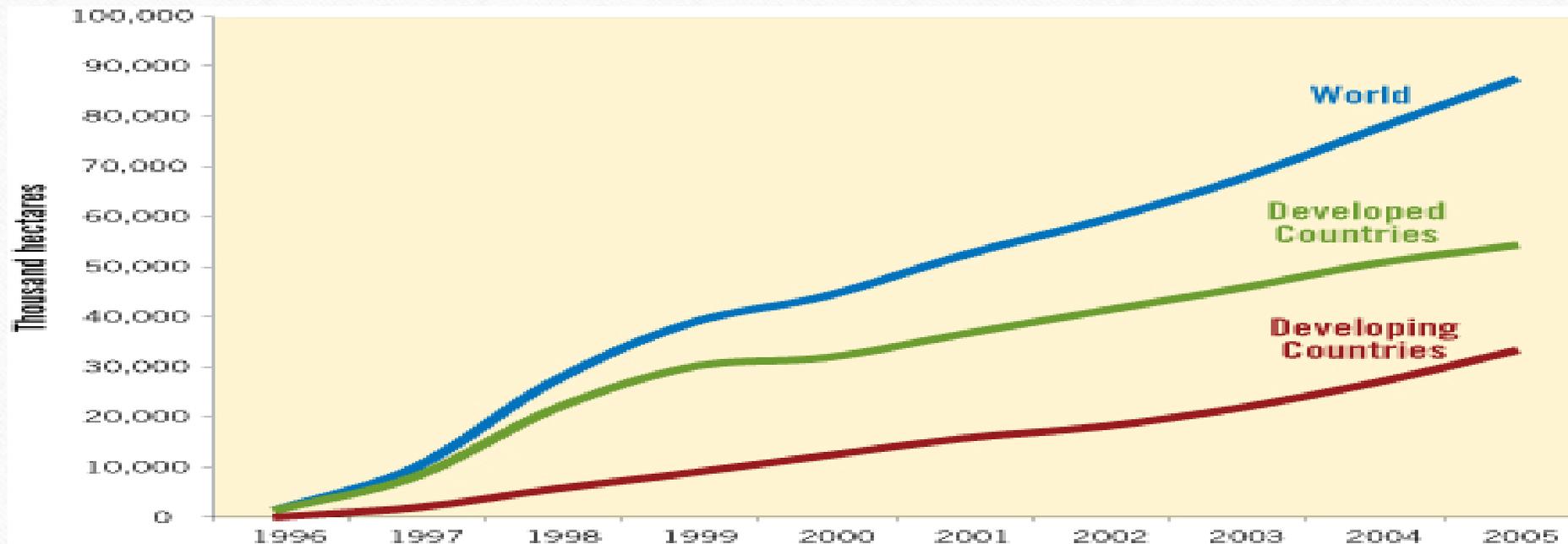
Tomato

## PROTEIN COMPOSITION

Corn

# Why are genetically modified foods so important?

- As the chart below shows, numbers of GM crops are growing around the world.

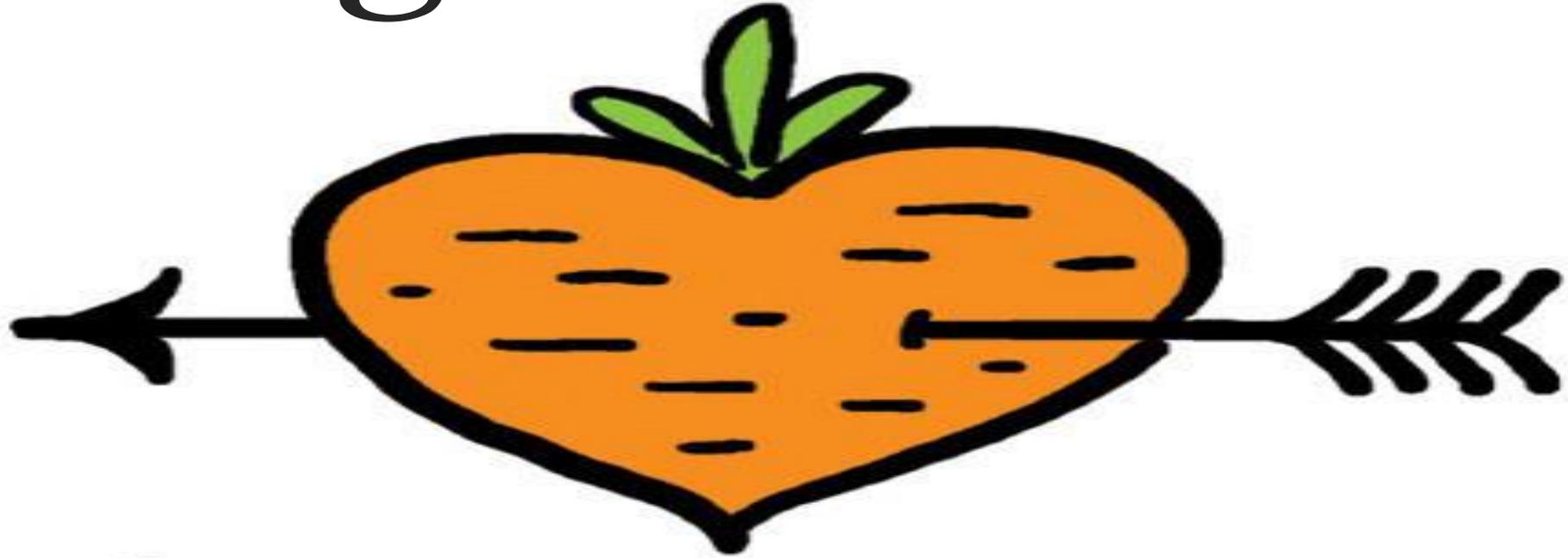


GM foods are developed and marketed because of their perceived advantage over non-GM foods, including:

- Better taste, nutrition and quality
- Increased profit for growers
- Virus and insect resistance
- Herbicide tolerance
- The problem with famine will be solved



# Vegetarianism



*Vegetarian*

In a very general sense, a vegetarian is someone who doesn't eat meat. But that definition is too simple. There are several kinds of vegetarian diets:

---

- Lacto-ovo vegetarians eat milk products-such as milk, cheese, and yogurt-and eggs, but no meat, poultry, seafood, or fish. "Lacto" means "milk." "Ovo" means eggs.
- Lacto-vegetarians eat milk products, but not eggs, meat, poultry, seafood, or fish.
- Vegans (say "VEE-guns" or "VAY-guns") are total vegetarians. They eat only plant foods. They don't eat food that comes from animals in any way, including milk products, eggs, honey, and gelatin (which comes from bones and other animal tissue).

# Animals are important source of food

- Animal right have long been recognised as important: we have zoos and special reserves to protect animals.

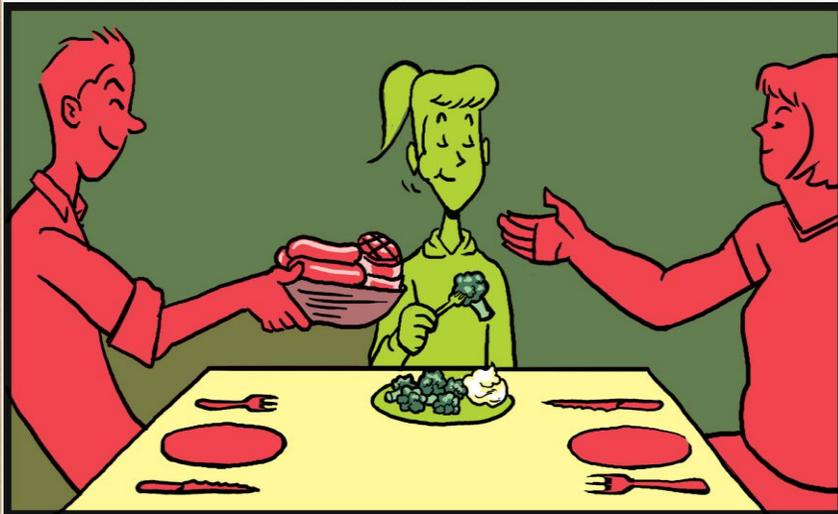
---

However, human being must survive and selected animals have been an important source of food for thousands of years.

Human is the dominant species and controls the realm of nature.

Darwin was right. The world functions according to the idea of survival of the fittest. In natural conditions only the strongest animals survive.

Human beings dominate the world and they have survived for so long by controlling nature in the way they think is the most suitable for them.

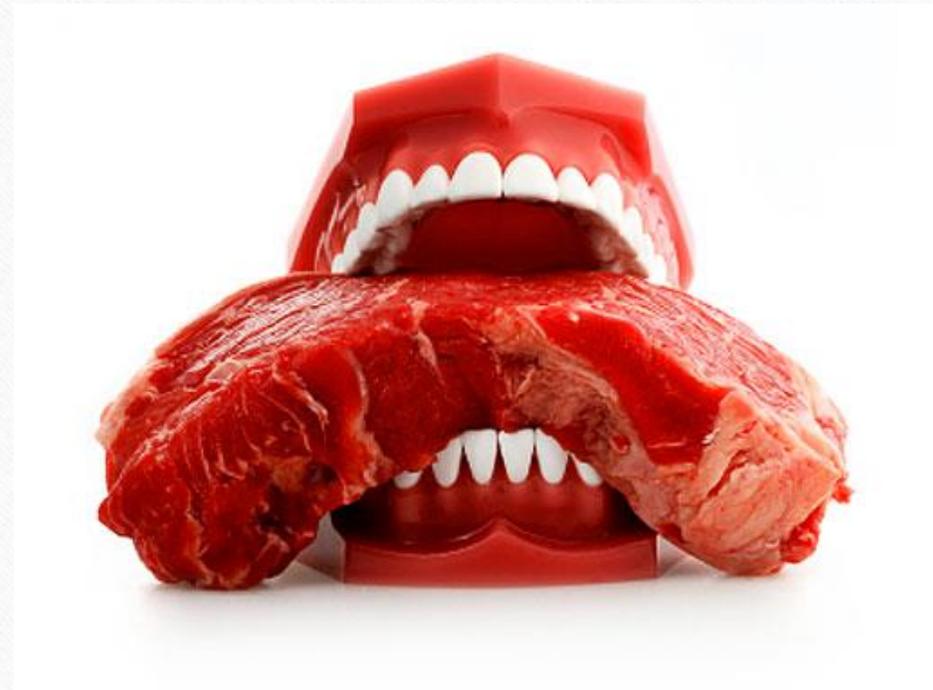


# MEAT FOR A HUMAN

---

Meat is the main source of nourishment

Meat is the main source of protein for human beings. In the same amount of meat and vegetarian products there is more protein in the former. Meat satisfies hunger better and quicker than fruit and vegetables.



# Well, let's think for a moment.

---

Food therapy is emerging as the latest prevention against multiple lifestyle diseases. Experts now believe it's better to pop an apple, rather than popping a pill. Negative influences such as stress, shock, injury, emotional upsets and worries can have a direct impact on life-long health.

The good news is that the body can heal itself, if given what it needs to do its job. The nutrition in certain foods can naturally increase your body's oxygen levels, eliminate many sources of toxins, improve your digestion, and prevent, heal, or reduce the severity of various diseases. Nutrition is about choices.

# Healthy eating is the best recipe for an abundant life. Make every bite count.

---

- So what is Nutrition?

Nutrition is:

- utilization of food to grow, repair and maintain our bodies;
- getting the right amount of nutrients from healthy foods in the right combinations;
- making smart choices about the foods you eat;
- proper nutrition helps you develop and maintain good health;
- a choice — choose good nutrition and a healthy lifestyle!

**THANK YOU FOR  
YOUR ATTENTION😊**

