

A blue-tinted photograph of the Golden Gate Bridge, showing its suspension towers and cables over a body of water. The image is used as a background for the title slide.

Food in Your Life

Chapter 5 Lesson 1



Why Do You Eat

- ◆ The foods you eat are your body's chief source of Nutrients- *substances in food your body needs to function properly to grow, to repair itself, and to supply you with energy.*
- ◆ Your eating habits stem from both a physical need for food, and a psychological desire for food.
- ◆ Learning to recognize the difference between these two helps you to make more healthful food choices.



Your Body's Physical Need for Food

- ◆ The most basic reason for eating is physical. Your body tells you through hunger when it needs food.
- ◆ Hunger- a natural drive that protects you from starvation.
- ◆ When your stomach is empty, its walls contract, stimulating nerve endings. These nerve endings signal your brain that your body needs replenishing. Once you've eaten your stomach walls are stretched and your nerve endings are no longer stimulated.
- ◆ By eating you have satisfied your physical need for food.



Your Minds Desire for Food

- ◆ Appetite is a learned, rather than inborn, response. It is shaped by factors in your environment and by emotions.
- ◆ If you have ever “made room” for dessert or eaten in response to the aroma of fresh-baked cookies you have eaten in response to your appetite. Appetite- a desire, rather than a need, to eat.



Your Environment

- ◆ There are a number of environmental factors that influence your food choices. These include your cultural heritage, your family and social relationships, media messages, and your lifestyle.



Culture

- ◆ Your food choices reflect the culture you live in, as well as your ethnic background, and your religious beliefs.
- ◆ Foods you associate with picnics, county fairs, movies, baseball games, and birthday parties are all part of culture.



Family and Friends

- ◆ What you ate as a child, what you learned to like and dislike, and when you ate meals were all influenced by your family. These influences affect your food preferences now and will continue throughout the rest of your life.
- ◆ As you grow older, friends friends have more influence over both food choices and food preferences.



Advertising

- ◆ Food advertisements are created to make you aware of certain foods, and perhaps to sell you on the benefits. Most importantly advertisements can shape food decisions.
- ◆ Advertisers spend millions on powerful persuasion techniques. Ads try to persuade you that status, sex appeal, weight loss, or terrific appearance will be yours if you buy the product.
- ◆ To make informed choices, you need to know about food and health. Listen and judge messages carefully. That way you-not advertisers control what you eat.



Time and Money

- ◆ Taste and nutrition are two top factors that influence food shopping decisions. Cost and convenience come next. With today's busy lifestyles people rely on foods they can cook and eat quickly, such as microwavable meals and fast food.
- ◆ To stay healthy, choose foods that will provide you with essential nutrients that can be prepared and eaten with the time you have available.
- ◆ Never skip meals. Skipping meals cheats your body of essential nutrients food provides and also slows your metabolism.



Your Emotions

- ◆ Many people tend to eat more when they are bored, stressed, frustrated, or depressed. Some people lose their appetite when they are bored or stressed.
- ◆ Try to control your emotions so you don't overeat or miss out on important nutrients your body needs.



Your Eating Habits

- ◆ Choosing foods that taste good and provide nutrients without too much fat, cholesterol, and sodium, is one of the most healthful ways to reduce major risk factors for chronic diseases such as obesity, high blood pressure, and high cholesterol.
- ◆ It's important to remember that appetite continues to be stimulated for 10-20 minutes after hunger has been satisfied. Learn how to tell the difference between hunger and appetite.



Nutrition Throughout Your Life

- ◆ Nutrition- *the process by which the body takes in and uses food.*
- ◆ Next to the first year of life, adolescence is the fastest period of growth a person experiences. For growth and active living, the body uses more energy from food and has higher nutrient needs than ever before. In spite of this many teens skip meals and make poor food choices. Think about what you've eaten today. Would you describe your food choices as healthful.