

## NUTRITION AND IMPORTANCE OF NUTRIENTS

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### Abstract.

Nutrition is the biochemical of physiological process by which an organism uses food to support its life. It provides organisms with nutrients, which can be metabolized to create energy & chemical structures. Failure to obtain sufficient nutrients causes malnutrition, Nutritional science is the study of nutrition, through it typically emphasizes human nutrition.

**Keywords** - Nutrition, Importance, Nutrients.

### Introduction-

The saying 'you are what you eat' is becoming a point of truth in modern society, Healthcare, agriculture, Organizations & society as a whole is grappling with food, diet & processing production methods in an entirely new way, with newfound awareness & concern. The science of nutrition is a relatively modern study, with research on the role of nutrition in chronic disease, diabetes, Obesity & Cancers only taking Centre Stage the last two or three decades.

### Objectives of the Research paper-

Objectives of the research paper are as follows -

- 1) To study the concept of Nutrition.
- 2) To study the types of Nutrition.
- 3) To study the importance of Nutrients

### Interpretation-

#### Concept of Nutrition -

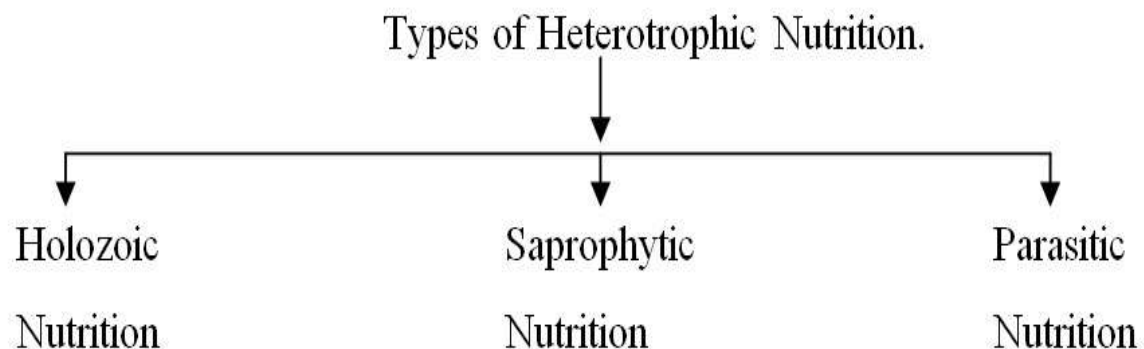
Nutrition is the procedure by which the food is taken by the organism & used to generate energy for repair, growth, and maintenance, and then removing the waste substance from the body.

The components which provide nutrition to living species are known as nutrients.

Nutrition is the process by which an organism procures its nourishment, the supply of nutrients required by its body & cells to stay alive. Nutrition is of two types namely, autotrophic or heterotrophic mode of nutrition. Plants exhibit autotrophic mode of nutrition.

#### Types of Nutrition-

In nature organisms exhibit various types of heterotrophic nutrition.



#### 1) Holozoic Nutrition

Holozoic Nutrition involves the ingestion & internal processing of solid & liquid food in an organism. This involves the steps of ingestion, digestion, absorption, assimilation & excretion.

Amoeba exhibits holozoic nutrition

## 2.Saprophytic Nutrition.

saprophytes (animals which follow saprophytic nutrition) feed on dead & decayed organisms for energy. They are an important part of the ecosystem as they help to keep our environment clean & recycle nutrient back into the ecosystem. Some examples of saprophytes are fungi & certain types of bacteria.

## 3) Parasitic Nutrition-

Organisms that live in or on other organisms & acquire food at the expense of its host are called parasites. Most parasites are harmful to the hosts, health, Sometimes, they even kill the host. Both animals & plants may serve as a host. Unlike commensalism, the parasite causes Some harm to its host. A few examples of parasites are louse on a human head, Cuscuta plant & tapeworms.

## Important of Nutrients- Nutrients-

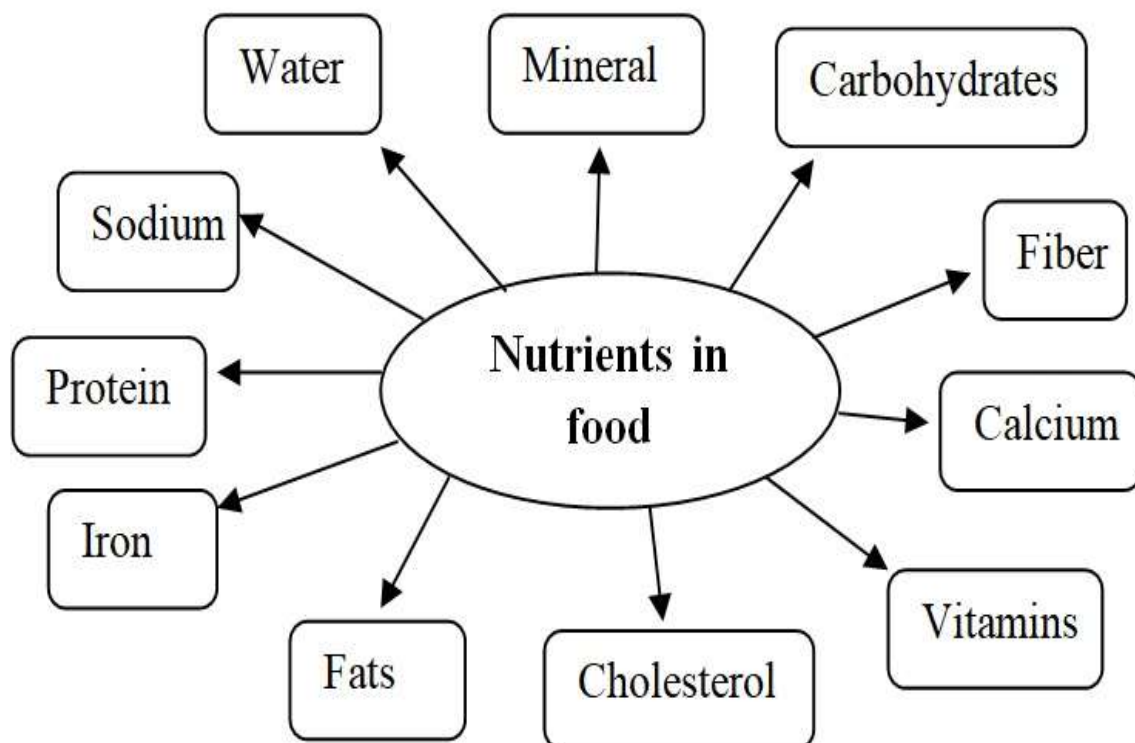
Nutrients are the compounds in food that provide us with energy that facilitates repair & growth & helps to Carry out different life processes.

Not all nutrients provide energy but are necessary for some form or the other. These nutrients are divided into two categories.

1. Macronutrients, which are required by the body in large amounts.
2. Micronutrients, which are required by the body in small amounts.

## Important Nutrients in food-

There are several nutrients that cannot be synthesized by the body & have to be taken externally through food. These are vital for the proper functioning of the body. The important nutrients & their functions include are mentioned below .



## Functions of Nutrients

### The important functions of nutrients include

- 1) They are the main source of energy for the body.
- 2) They help in building & repairing body tissues.
- 3) Increases the absorption of fat soluble vitamins.
- 4) Helps in the synthesis of collagen.
- 5) Provides proper structure to the blood vessels, bones & ligaments.
- 6) Protein needed for building & repairing and keeping us resistant to infections.
- 7) Carbohydrates needed for energy.

8) Fats also supply energy.

9) Vitamins include the fat-soluble. Like A, D, E, K of the water soluble like the B Vitamins & C.

10) Nutrients have one or more three basic functions they provide energy, contribute to body structure, and /or regulate chemical processes in the body. These basic functions allow us to detect & respond to environmental surroundings, more excrete wastes breathe, grow and reproduce.

11) Building all parts of the body such as muscle, bone, teeth & blood.

12) keeping the body in good working order.

13) Producing energy. (power & heat),

So for good, healthy life we need Three keys in nutrition are balance, quality of timing.

To maintain balance eat from all or most of the food groups. Eat the right amount for your activity & performance goals. And feel satisfied and energized from your eating plan.

#### **Conclusion-**

The human body needs a long list of nutrients every day. The essentials though, are called macronutrients, & your body needs them to stay healthy & perform optimally, They include carbohydrates, Protein, water, fats, vitamins, minerals, sodium, Iron, calcium, fiber, cholesterol etc.

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