FOOD MICROBIOLOGY AND NUTRITION
THE VARIETY

DO WE NEED TO KNOW MORE?
BUT WHAT?
The Balance of Good Health

- Fruit and vegetables
- Bread, other cereals and potatoes
- Meat, fish and alternatives
- Foods containing fat
- Foods containing sugar
- Milk and dairy foods
FOOD-For Life Or The Life

Basic requirement for the life.
Next to air we breath and water we drink.

Functions:-
- Physiological
- Psychological
- Social
Physiological role

• Provide satiety value
• Protects against diseases and physical imbalances
• Important for normal functioning and regular growth of the body
Psychological Role

• Provide sense of security
• Provide economic sufficiency
• Enhances mental capabilities
Social Role

• Symbol of love and friendship
• Measure for public gatherings
• Maintain social status
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YOUR CAREER
YOUR FUTURE
YOUR ABILITY
YOUR SUCCESS
YOUR DREAMS