

FOOD MICROBIOLOGY AND NUTRITION

Gautam Singh , Hospitality Trainer , 07830294949

VARIOUS FOOD PRODUCTS



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THE VARIETY



***DO WE NEED
TO KNOW
MORE?
BUT WHAT ?***



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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

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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

YOUR CAREER

YOUR FUTURE

YOUR ABILITY

YOUR SUCCESS

YOUR DREAMS

0 7830294949

A man in a dark suit, white shirt, and red tie stands with his arms crossed on the right side of the graphic.

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