

# Example of food essay

[Food & Diet](#)



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## **Introduction**

Food refers to any substance which living organisms consume to offer nutritional support to the body. It originates from plant or animal and its main components are important nutrients like proteins, fats, minerals or vitamins (Powter&Susan 2). Food is mainly ingested by consuming organism and later it gets assimilated in cells to maintain life by generating energy which stimulates growth. However, it is necessary to understand determinants which affect the type of food choice. For example, cultural, socio-economic and political factors play a major role in defining what people eat (Buller&Laura 5). On the other hand, food ingredients and matters play an essential role in mortality and health of living things. For example, ingredient imbalances of expended energy and consumed fuels can result to uncontrollable storage of fat or even starvation; hence consumers must be very optimistic before they consume any food. However, scientific methods of handling food are ignored by several food handlers and this should be looked into extensively.

## **How does Social aspect define food choice?**

Influence of social class

Research indicates that what consumers eat is constrained by the circumstances which are essentially cultural and social. Population analyses indicate distinction in social ladder with reference to nutrient intakes and food. Poor dieting can lead to micronutrient deficiency while over-nutrition causes obesity (Beaton 12). These are problems which affect various sectors of the society, hence the need for different categories of expertise and steps of intervention.

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## **Cultural influences**

Cultural effects lead to irregular habitual use of given foods. Traditions of making food can restrict exclusion of milk and meat from the meal. Cultural effects are amenable to transformation since when people move to different environment they adopt specific food habits according to culture of the locals (Egendorf&Laura 7).

## **Social context**

Social control is impact that persons possess on the consuming behaviour. For instance, direct or indirect buying of specific type of food. Habits and attitudes develop when people interact with others. Nonetheless, quantifying these influences is difficult since the effects that users contain on using behaviour are not restricted to one food. Social support could have a valuable effect when choosing food and healthy changes in dietary may promote health by fostering group belonging (Egendorf&Laura 20). The family set up is known as significant factor in food decisions because all food decisions are made at home. Therefore, people must learn to adopt dietary strategies that meet nutrition standards so as to not only benefit the user but also promote acceptable eating habits.

## **Meal patterns**

People have several different eating events daily. The motivations through which tend to vary from various occasions. For example, snacking on the health is debated widely. Findings indicates that snacking could have some effects on nutrient and enery intakes though it never affects the index of body mass index. Helping people in choosing healthy snacks remains a set back to several health professionals (Powter&Susan 24). Instead of

forbidding unhealthy meals, a positive approach to introducing healthy food options should be implemented in restaurants. Moreover, better choices must be readily available if people have to prioritise on making right choices.

## **Social setting**

An increasing ratio of food is eaten outside in Casinos and far from the home. The venue and site in which users eat from can affect our choices. The availability and access to balanced meals is scarce in several external environments (Beaton 1). This is frequently true for people with particular requirements like vegetarian. Majority of adult men and women are in employment and work influences their health behaviours like food choices.

## **Which Economic factors define choices of food?**

### **Cost of food**

No one can oppose the fact that the price of eating materials is a basic determinant of the choices which consumers make. Even though price is prohibitive, it is defined by fundamental income which is portion of economic. Low income earners have a higher chances of consuming unbalanced diets (Buller&Laura 4). To be clear, they hardly take vegetables and fruits. That does not mean those who have more money automatically eat correct diet but their range of consuming materials from which they can choose increase.

## **Food accessibility**

Accessibility to market is one of the physical factor which influence food choice. It depends on resources like geographical location and availability of infrastructure. Healthy food are more expensive in cities and towns unlike in on the suburbs supermarkets. Improving access to food never increases

purchase of added vegetables and fruits, which are known as prohibitively costly (Powter & Susan 19).

## **Education and Knowledge**

Academics level can have effects on dietary behaviour after maturity. In contrast, knowledge of nutritional is weakly correlated. The reason behind this is having information on health never leads to immediate action when people are not sure of how the acquired information can be applied. Furthermore, message disseminated about nutrition might come from several sources hence mistrust and conflict can come up. This may end up discouraging desire to change meals. It is essential to convey consistent and accurate messages via various media, about international standards of food packages (Egendorf & Laura 13).

## **How does Political state influence food?**

The structure and type of governments affects large portion of impoverished health compared to other populations. Each component of governance- from education, housing, finance, health policy and transportation has effects on health equity and population wellness. Variation in life expectancy is also attributed to political regime irrespective of its nature. Transforming government regime may not end the operating policies. For example South Africa's regime of apartheid never dismantled the skeleton of oppression and inequality that led to persistent social injustices and diminishing health of citizens. The political economy which encompasses designing organization, political institutions and infrastructure play a major duty in stating health inequalities (Beaton 10).

## **Scientific safety measures**

Scientific approaches should be embraced as the key thing that should define food choices. For example, Salmonella bacteria cause food borne illnesses. Millions of people die every year as a result of food contamination which can be caused by improper storage. Food may be adulterated due to presence of foreign bodies during, manufacturing, cooking, farming, packaging, and sale (Beaton 4). Hence, food sellers must be taught scientific measures of handling food and should adopt recommended measures of enhancing food safety. For instance, ensuring up to standard cooking temperature and proper refrigeration of foods after cooking represent few scientific measures which are ignored. Otherwise what will improve our food choice if business people ignore helpful scientific recommendations?

## **Conclusion**

Factors which influence food choice can either be based on individual preferences or constrained circumstances which are cultural, economic or social. Hindrances to lifestyle change and diet vary according to stages of life. These are major challenges not only to public sector but also health professionals (Powter&Susan 8). Different ways are needed to enforce changes in behaviour in people who have different priorities. Therefore, campaigns which entail tailored advices, practical solutions and environmental transformations should be implemented to facilitate dietary change. Low earners income face specific drawbacks when trying dietary changes and ultimo solutions must be very specif. The general population also encounter several barriers to diet change and this can be solved with the assistance social psychology tools. Otherwise food is a basic necessity

people will continue eating what they are used to without considering dietary measures.

## **Works Cited**

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