

Report on night nutrition

Law, Criminal Justice



1. Track your caloric intake for 3 days based on the Food Pyramid. Write down on 3 day food log template.

Day 1: beans (protein), oil(fats), maize(carbohydrates)

Day 2: meat(proteins), vegetables(vitamins)

Day 3: rice (carbohydrates), beans(proteins), vegetables, fresh and canned fruits

2. Find at least two excerpts from Night that describes the diet of one of the characters.

From the late night the characters had the following types of diets; the character mostly ate potatoes and bread which is mainly composed of carbohydrates.

3. Complete a second 3 day food log template for the character based on the excerpts.

Bread, sugar, potatoes, cabbages,

4. Research what diseases can be caused by malnutrition. List these in your final reflection.

Malnutrition results in several disease and deficiencies which include the following; lack of proteins leads to kwashiorkor, Marasmus and mental retardation. Lack of vitamins in the diet causes osteoporosis, rickets, tetany, goiter, anaemia, beriberi, keshan, retarding growth, pellagra and scurvy (Gutman 54). Another disease that may be caused by malnutrition is obesity which in most cases is caused because of overeating and lack of balanced

diet. The body weight increases sharply leading to development of other associated disorder.

5. Type a reflection regarding whether your diet is balanced or not. Explain how this can be modified to be healthier.

According to the type of diet described above, it no doubt balanced. This is evident by the fact that it contains all types of diets (Gutman 230). For example beans and meat contained proteins which enriched the body, rice and maize contains carbohydrates which add energy to the body. Fruits and vegetables contain vitamins while oils contain fats. This depicts a night balanced diet that reduced the chances of having malnutrition.

6. Type a reflection regarding the treatment of Holocaust victims pertaining to the diet that was chosen for them by another human being.

The Nazi's who were composed of the Germans choose what to be eaten by the Jews. They are limited on what to eat. For example they only allowed eating only bread and potatoes. They were not allowed to eat meat, poultry, fruits, fish, vegetables and white flour. This made them grow weak which was the aim of the Nazis. In addition the food was highly controlled and was not even allowed to buy. Hence they even ate potatoes pilings due to starvation in the ghettos.

7. Be prepared for Socratic Dialogue regarding nutrition, specifically why some people starve themselves on purpose when some people are forced to be starved.

Some people are forced by situation to go on starvation while some starve themselves willingly. For example the holocaust victims were forced to starve by the Nazi with the sole purpose to make the, starve to death. It was meant to ensure they did not survive and thus were eliminated (Gutman, 23). However some were able to survive. There are some people who starve themselves on purpose. Some people think that by not taking food, this helps to reduce the body weight. However, once one is starving, they should ensure they do go below 1200 calories intake per day (Michael 120). Once that level of calorie intake is lowered, there is possibility of additional weight once one resumes eating normally.

Work cited

Gutman, I. Nutrition for the holocaust victims. New York: Macmillan Publishing Company, 1990 . Print

Michael R. The Nazi Holocaust: The Victims of the Holocaust. Vol. 6. Westport: Meckler, 1989