

# Week two questions

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Week two questions Week two questions Q What are some of the major functions of macronutrients? Macro nutrients are those nutrients that provide the body with calories or energy. Nutrients are the key substances required for metabolism, growth and other vital body functions. There are three macro nutrients with different functions. Proteins provide energy to the body, dietary protein always get needed for the growth of children, pregnant women, tissue repair, hormone and enzyme production, immune system function and also for the lean muscle mass and also tone maintenance. When consumed, proteins in the food get broken down into the amino acids, an important source of nitrogen. Fats play a number of roles in the human body. Their basic function is protection. This consists of the insulation needed to maintain the body temperature, and providing a cushion to protect the body organs. Fats also encourage the growth and subsequent development, as well as the maintenance of the cell membranes. It is necessary in the digestion of vitamins. Carbohydrates are the main source of energy in the body and also a source of calories to help maintain the weight of the body. A meal containing an optimum carbohydrates level may help prevent the body from fat accumulation. Carbohydrates are also influential in the development of the body organs and also the nerve cells, and also in the definition of individual's biological identity like their blood group.

Q. 2. In the past week, what were some prime sources of macronutrients in your own diet?

Through cereals, sugar, vegetables, meat, milk and also fruits

Q. 3. What is the role, the government should play in influencing people's dietary decisions?

The government should try and promote the eating of healthy foods, without

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passing their boundaries, since a healthy people are a productive people. It is in the best interest of the government to promote healthy eating.

Q. 4. Should there be set nutritional standards for food production and food consumption? Explain your answer.

Yes, everything should have set standards. This will be able to prevent unscrupulous producers come up with low quality goods that will be harmful to the general health of the people. The government should ensure laws are in place, to prevent illegal foods that are harmful to the citizens, reach the tables.

Q. 5. What factors should a person consider before taking dietary supplements?

Does the supplement work?

Does the supplement provide the benefit it should be giving?

Is the product safe? Can an individual take the product in the required dose for the correct duration without it having serious effects?

Is the supplement not contaminated in any way?

Q. 6. In what ways are supplements beneficial or harmful?

Supplements like the Folic acid, that is a B vitamin are beneficial as it helps boost the fertility and to prevent birth problems like spina bifida. It also stimulates the development of new cell growth. Tryptophan that works hand in hand with the natural Melatonin that gets created in the brain, to help in the regulation of sleep has side effects like mental changes and also a fast heart rate.

Reference

Newstrom, H. (2000). The Nutrients Catalog: Vitamins, Amino Acids, Minerals,

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Macronutrients-The Beneficials Use, Helpers, Inhibitors, Food Sources, Intake  
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