



**INTERACTIONS BETWEEN NUTRITION AND ENVIRONMENTAL  
EXPOSURES: EFFECTS ON HEALTH OUTCOMES IN MEN, WOMEN AND  
CHILDREN**

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**Introduction:**

Nothing in there which is unuseful now days there in lacking of grams everywhere around the world. The death rate due to malnutrition is higher than any other calamities or diseases. In India alone there are 25 cr. Of people who sleeps without food. They are starving to get it. Indian people say that food is considered as god. In that regard, saving the little bit particle of food is important for us. In India, Due to malnutrition the death rate of little kids is too high. Now a days in weddings, mahaprasads, in hotels lot of food is order there, but it cannot be used properly & it has been seen that it gone away wasted. Also in every ones daily life we see that people also waste lot of food, because of that we lose so much of food. It we take care of it the people will not strive lacking of it and they will not sleep without food.

The Indian kitchen is totally in the hand of house wife. That's why it is also the responsibility of every house wife to take care of everybody in the family and to think about their health care. In our daily life lot of food is remaining so we should not throw them out but we have to store it & make use of it. Today, we are facing higher everywhere than it is utmost important for a lady to think about the amount of food prepared at one time depends on the needs of family members and the leftovers are desired or are likely to be discarded.

If a family dislikes them unusually careful planning must be needed in order to avoid extra food and also encourages overrating if it is placed on table. It may be more economical to cook a little less rather than a little extra If someone is still a little hungry at the end of a med a slice of bread might be eaten later An alternative to skinning is to prepare an extra amount of a food that can easily be used as a shack if some is left over. Leftover cooked meat or raw celery and carrots can easily be used for the





next day's lunch. Leftover tossed salad will retain its crispness if no salad dressing has been added.

Leftover cooked vegetables can be appetizing if added to soup or marinated overnight and served in a salad. In some instances cooking a larger quantity than is needed at given meal provides the basis for other meals leftover sauce or stew may taste better the second day. Budget of her house & show her cleverness by using the good produce properly. Every day we see that sometimes the milk that become impure & also all the particles. Like are impure & also all the vitamins and minerals also get destroyed. Like is wheat powder, all that is being kept safe from other microorganisms. You should not throw all the food products out of the house but try to save some of them which are useful.

Nature had also provide us all types of fruits vegetables and roots, not all these we use in our diet but few are very important for our diet like pumpkins, potatoes, apple, tomato, spinach, cabbage, cauliflower, but each & everything cannot be store fresh as long as possible, but few among them are capable to stay fresh. Now a days we have some electronic devices like freeze, microwave oven in which we can keep the food fresh. But, when we cut the vegetable we generally avoid some iron Particles because, there alone taste is well to our tongue. Looking taste is not very important, they must be checked & use in our daily diet & generally we see that lot of people avoid the vegetables, fruits, and accept the milk food to fulfill their need of diet. But that is not useful for our body and it also disturbs our digestive system and defect our health. We should save those foods items by keep in them in canisters. By this we can save money & avoid the disturbance in environment.

In festivals or ceremonies the people, throw the waste food material on the road, After 2-3 days like pigs, rats that were gathered there to eat that food & it makes that food polluted. By this pollution of air causes diseases in little childrens which also gets affected, & there development stops. If we save one particle of food material properly then we can save the loss of the nation. By this we can provide the food to the poor people also can create a safe guard. For lacking of food grains in the market. We can avoid the





pollution by not throwing food products anywhere in the vicinity of city areas. By doing these we care save the environment. The all mighty gods i.e. food. Because it is essential of us to respect our god i.e. Food it's our priority as well as deity.

As we all know that food is priceless food disrespect been warm all day and night in this era, but today there are parties and functions which was discarded after the functions by throwing them nearby garbage areas. The considerable amount food contains salts which can be used in many ways. The leftover organic food waste from kitchens, canteens, hotels, and restaurants are treated well to produce biogas which can either be used for cooking or for power generation. One of the most important aspects of home composting are food scraps items such as vegetables and fruit waste, meal leftovers stale bread, grains and general refrigerator spoilage are an everyday occurrence in most households.

The urban Indian citizen generates nearly 700 grams of solid waste per person per day which is nearly 250 kg in a year. More than half of what we carelessly throw into the trash is organic matter if composted can produce rich top soil for our plants? Unfortunately most of us do not segregate our dry waste from wet waste which makes composting impossible. The precious wet waste- what can potentially become black gold-remain unusable junk inside our landfills.

India produces more than 250 million tones of food grains every year, which is enough to feed the overall population. However, the country is ranked 65 out of 79 countries according to the global hunger index (2012) and more than 250 million people are not able to secure minimum dietary energy requirements.

There are significant errors of exclusion in the Targeted Public Distribution System (TPDS) which aims to distribute food grains at affordable prices to poor and venerable families. Effectively implementing TPDS towards improving India's food security landscape requires a focus on three missing links.

Globally, the amount of food lost or wastage is done every year is equivalent to more than half of the world's annual cereals crop (2.3 billion





tones in 2009-10). In developing countries, food wastage occurs mainly at early stages of the food value chain and can be traced back to financial managerial and technical constraints in harvesting techniques as well as storage and cooling facilities. In high and medium income countries food wastage is mainly at later stages in the supply chain by minimizing food losses during storage and transport is a key for India.

### **What is food waste?**

Many people seem to lack knowledge about food wastage which makes it hard to prevent the actual meaning of food.

Food is thrown away which can be eaten by oneself or by others. Food items were purchased more than one actually needs- plain food by shopping and bringing a grocery list to the shop. Be cautious about the quantity discounts on food items like buy 3 pay for 2 offers that make people buying more than actually need.

Food waste contains rejected a piece of fruit, because it is slightly, wrinkly, bumped, or had a spot.

Cut off the spot and the rest of the fruit can be used in fruit salad or smoothies. Food waste is thrown out and the last bit of food along with the food packaging use. 25% of food is unnecessarily wasted due to the food packaging use. We have to read all the content before buying a packaging food items. E.g. place the ketchup bottle on the cap, so the last drops can be easily eaten out.

Food waste contains discarded meat, vegetables, and stems used to make soup or a broth. An average of 842 million people in 2011-13, or around 8 people in the world were estimated that they are suffering from chronic hunger regularly and not getting enough food to conduct active life. Presents updated estimates that undernourishment and progress towards the Millennium Development Goal (MDG) and the world food summit must be targeted. The latest assessment shows that further progress has been made towards the 2015.

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