

# Ch. 5 lesson 1

- Terms
- Why do you eat?
- Body's physical need for food
- Mind's desire for food
- Things that influence food choices
- Importance of good nutrition



# Why do you eat?

- Body needs nutrients (growth, repair, energy)
- Physical need (hunger)
- Psychological desire (appetite)
- Recognizing the difference between the two helps you make healthful food choices

# Physical need for food

- Most basic reason for eating is physical
- Hunger protects you from starvation
- Empty stomach = walls contract, stimulating nerve endings
- Nerve endings send signal to brain (food supply needs replenishing)
- Once you eat, stomach walls are stretched and nerve endings are no longer stimulated
- You feel “full”

# Desire for food

- “Make room for dessert”
- Eat in response to smell of fresh baked cookies
- Social eating
- Appetite is a desire rather than a need and is a learned response
- Appetite is influenced by your environment and emotions

# Things that influence food choices

## ➤ Environment

Culture - Where you live (holidays), ethnic background, religious beliefs. Young and old.

Family – What you ate as a child, what you learned to like and dislike, and when you ate meals.

# Things that influence food choices (cont)

## ➤ Environment (cont)

Friends – Tried new foods at their homes or tasted different foods at parties.

➤ Advertising – Television, magazines, billboards.



# Things that influence food choices (cont)

- Time and money – Busy lifestyles = rely more on foods you can cook and eat quickly (microwavable, fast foods)
- Emotions – Head to refrigerator because you are bored? Eat more or less when stressed, frustrated, or depressed? May result in overeating or not eating enough.

# Importance of good nutrition

- Unhealthy eating habits - linked to 60% of leading causes of death in the U.S. (heart disease, stroke, cancer)
- Unable to distinguish between appetite and hunger. They eat past point of feeling full because appetite continues after hunger has been satisfied.
- Many foods that stimulate appetite are high in fat and calories.



# Did you know?

- Average child sees more than 20,000 commercials each year
- By age 21, the average viewer will have seen 1 million TV commercials
- 90% of food ads on Saturday morning are for sugary cereals, candy, salty snacks, fatty foods, and other junk food