

INTRODUCTION

Nutrition education can be characterized as any arrangement of learning encounters intended to encourage the intentional appropriation of eating and other nourishment related practices.

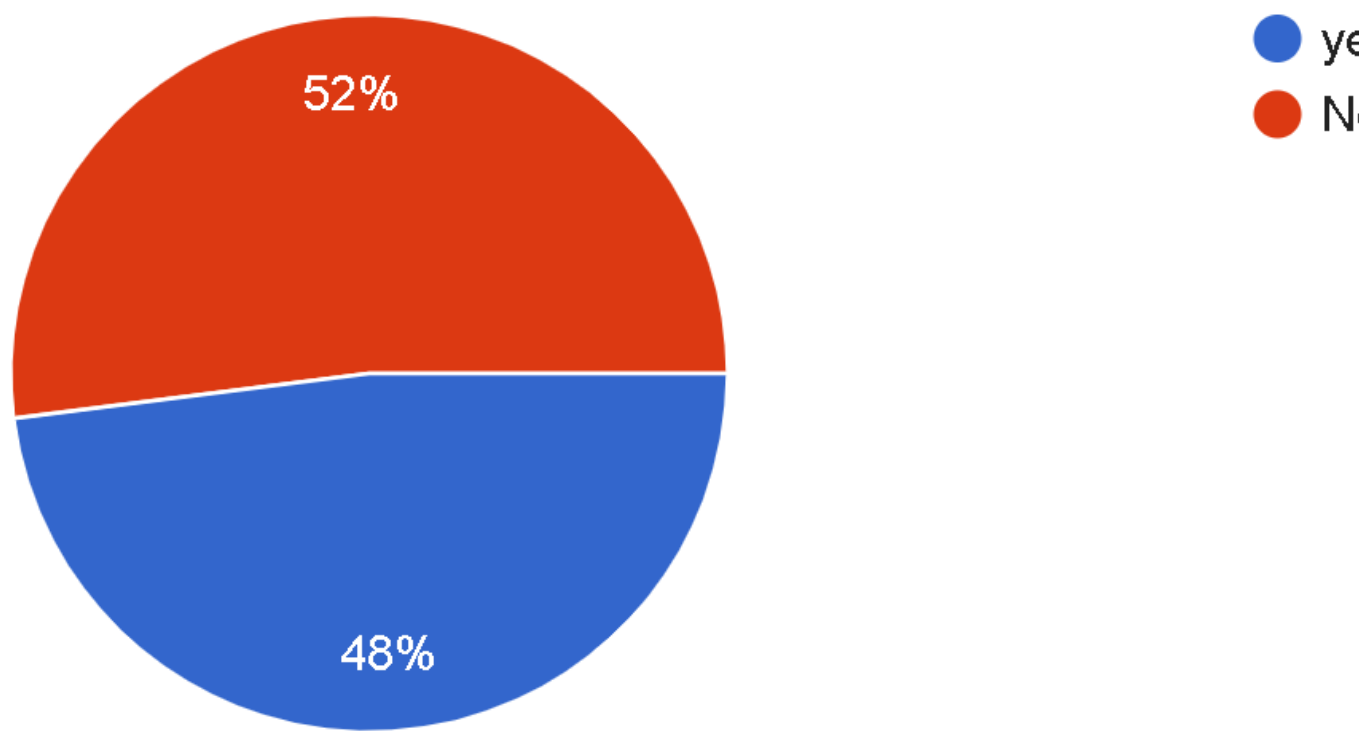
Helpless dietary propensities and absence of actual work can be the primary explanation behind poor health status among most individuals.

ISSUES

- Effect of nutritional deficiency on mental health
- Increasing death rate due to obesity
- Inadequate maternal nutrition and care
- Improving infant and young child feeding

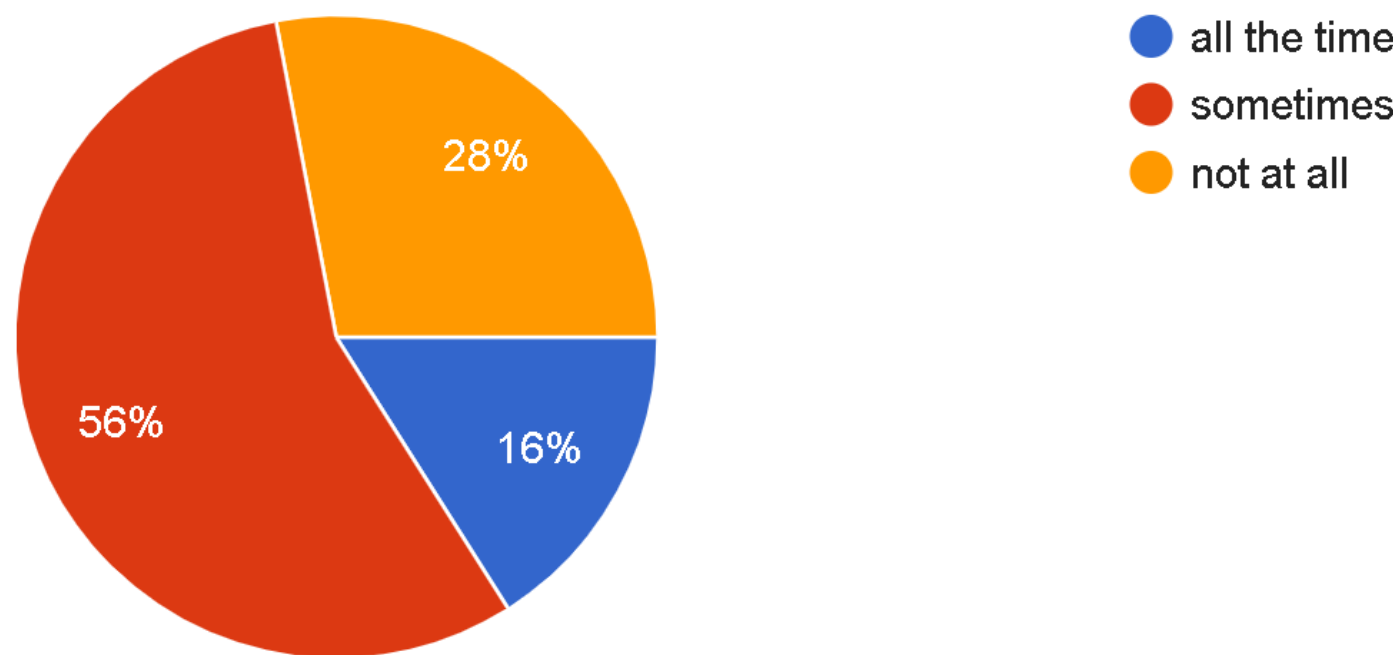
Would you say you're following a healthy diet?

25 responses



Do you often read the nutrition label when grocery shopping

25 responses



As for our methodology we have conducted a short survey and sent it to people in our social circle in order to gauge the general peoples' nutritional awareness.

Findings & Discussion

From the results obtained we can see that a good number of repondants are not following a healthy diet and are not keen on checking the nutrition labels suggesting that they're unaware of what it is they are actually eating.

we can also observe that most of the respondants had an idea that nutritional deficiency can impact our mental health. However, they weren't all able to provide an explanation as to how.

In order to provide a solution to our problem we decided to refer to The Philosophy of Food by David M.Kaplan where he asked a few basic questions about food:"What is it exactly? What should we eat? How do we know it is safe? How should food be distributed? What is good food?"

Conclusion

Nutritional Education/awareness is extremely important and must not be neglected as it can lead to a lot of physical as well as mental risks, therefore we must always be mindful of what we're eating

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