

Download Food For The Community: Special Diets For Special Groups (food & Society S.)

An individual's diet is the sum of food and drink that he or she habitually consumes. Dieting is the practice of attempting to achieve or maintain a certain weight through diet. People's dietary choices are often affected by a variety of factors, including ethical and religious beliefs, clinical need, or a desire to control weight. A fad diet is a diet that is popular for a time, similar to fads in fashion. Fad diets usually promise rapid weight loss or other health advantages, such as longer life. They are often promoted as requiring little effort and producing a "quick fix". In many cases, the diet is characterized by highly restrictive or unusual food choices, which can cause serious health problems. In this topic we will give a brief overview of allergies, food intolerances and sensitivities, as well as cultural and religious considerations.² HISTORY AND FOOD Captain Arthur Phillip of England established the first modern settlement in Australia in January 1788. The settlers were not very experienced as farmers and early agricultural practices were disastrous. - Food For The Community: Special Diets For Special Groups (food & Society S.)