



BSC SEM-1 CND CLASSIFICATION OF FOOD

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INTRODUCTION TO FOOD CLASSIFICATION

- **Definition:** What is food classification?
 - Food can be classified in accordance to their chemical property, to their function, to their essentiality, to their concentration and to their nutritive value.
- **Importance:**
 - Helps in understanding nutritional values.
 - Aids in planning balanced diets.



BROAD CATEGORIES OF FOOD

- **Natural Foods:** Foods in their natural state (e.g., fruits, vegetables).
- **Processed Foods:** Foods modified for preservation or taste (e.g., canned food).
- **Functional Foods:** Foods with added health benefits (e.g., probiotics).

CLASSIFICATION BY FUNCTION

Energy-Giving Foods:

- Examples: Cereals, sugars, fats.

Body-Building Foods:

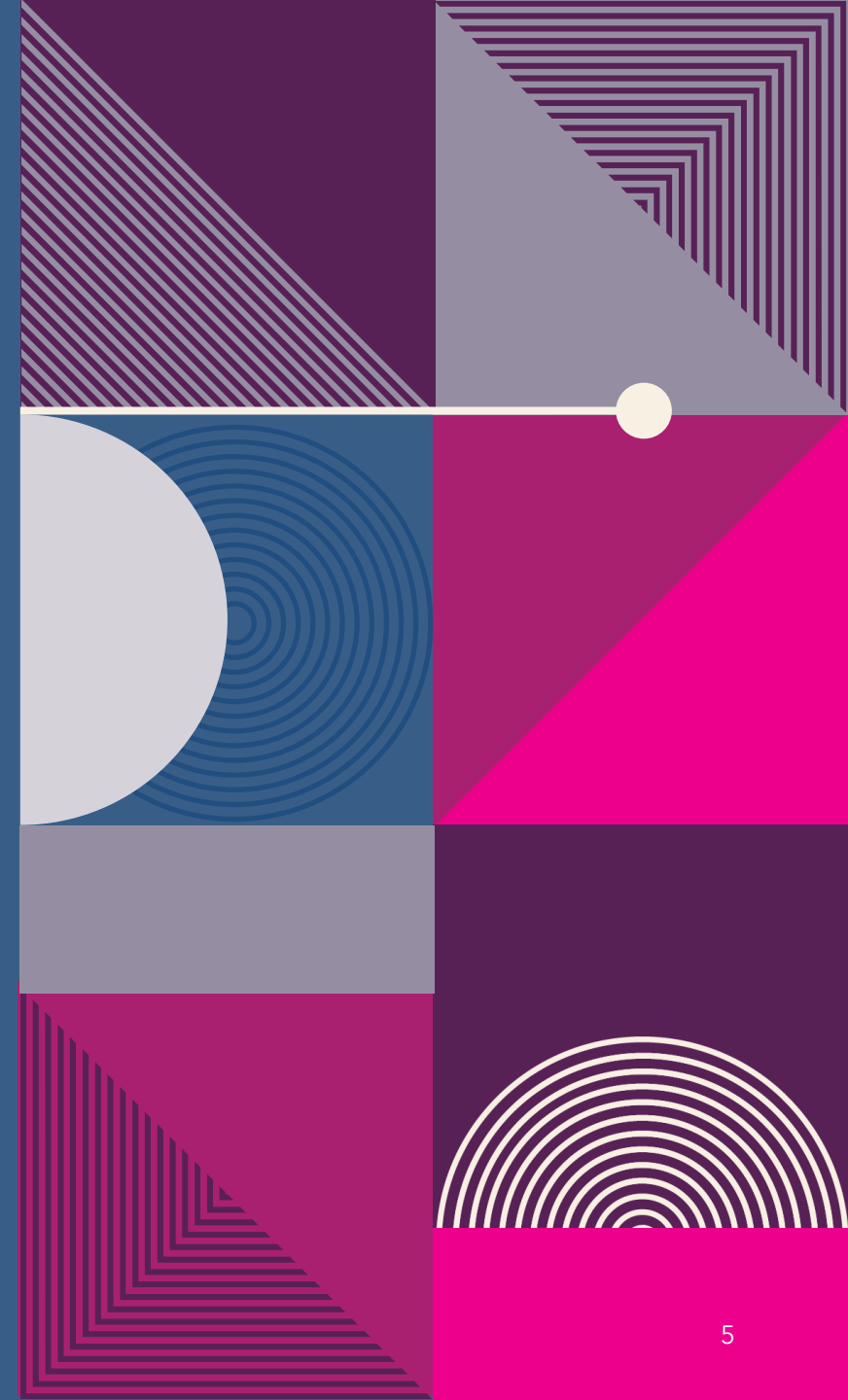
- Examples: Meat, eggs, dairy, pulses.

Protective Foods:

- Examples: Fruits, vegetables, nuts.

CLASSIFICATION BY NUTRIENT CONTENT

- **Carbohydrate-Rich Foods:** Grains, bread, potatoes.
- **Protein-Rich Foods:** Meat, lentils, tofu.
- **Fat-Rich Foods:** Butter, oil, nuts.
- **Vitamin/Mineral-Rich Foods:** Fruits, leafy greens.





CLASSIFICATION BY ORIGIN

- **Plant-Based Foods:** Fruits, vegetables, cereals.
- **Animal-Based Foods:** Meat, fish, dairy.
- **Synthetic Foods:** Artificially prepared food products (e.g., supplements).

CLASSIFICATION BY SHELF LIFE

- **Perishable Foods:** Milk, meat, fresh fruits.
- **Semi-Perishable Foods:** Eggs, bread.
- **Non-Perishable Foods:** Rice, flour, sugar.



CLASSIFICATION BY PREPARATION

- **Raw Foods:** Fresh fruits, raw vegetables.
- **Cooked Foods:** Steamed rice, soups.
- **Preserved Foods:** Pickles, canned fish.



FACTORS INFLUENCING FOOD CHOICES

- Cultural Preferences
- Economic Status
- Health Needs
- Geographical Availability

CONCLUSION

- **Summary:**
 - Food classification helps in understanding dietary needs.
 - Encourages making informed choices for better health.
- **Takeaway:** Balance your diet by including items from all categories.



THANK YOU

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