

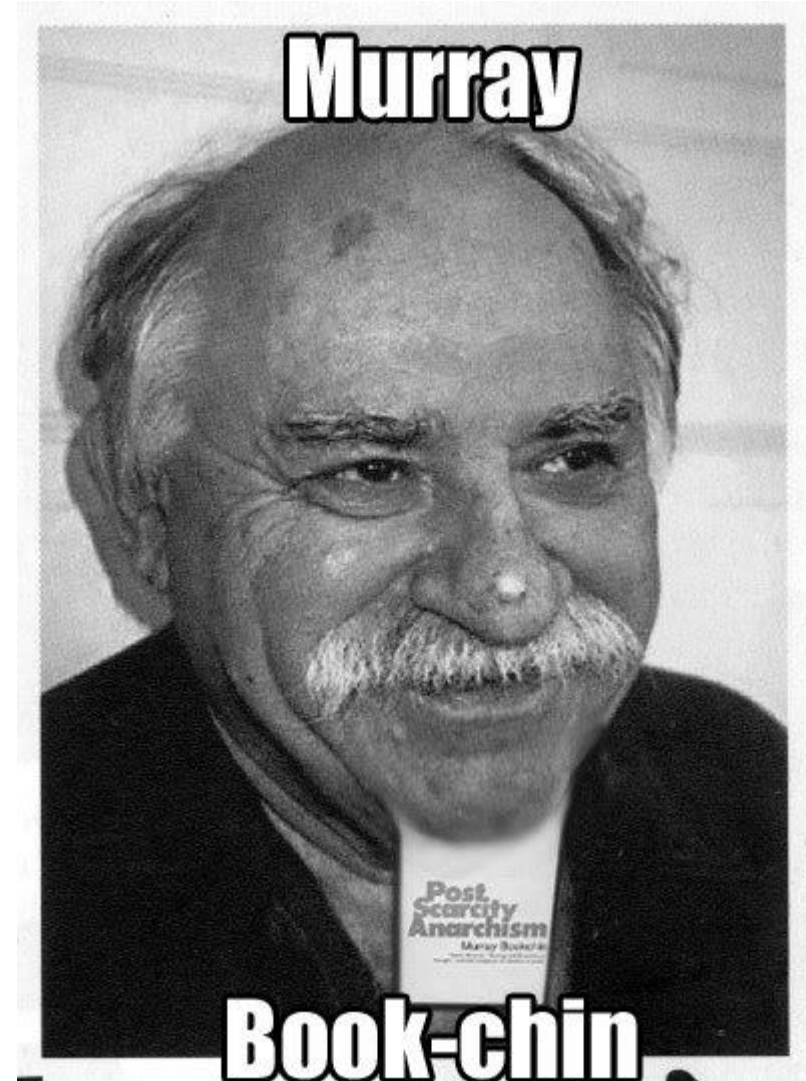


**SOCIAL ASPECTS OF HUMAN  
ECOLOGY. NUTRITION AND  
HUMAN HEALTH. DEPENDENCE OF  
THE NATURE OF FOOD ON THE  
ENVIRONMENT.**

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# **SOCIAL ECOLOGY**

*Founded by activist Murray Bookchin, social ecology is an approach to society that embraces a ecological, reconstructive, and communitarian view on society. This ideology looks to reconstruct and transform current outlooks on both social issues and environmental factors while promoting direct democracy.*





# **Human Ecological / Family Systems Model**

An Introduction to  
the Human Ecology  
Theory

# The Formation of Boundaries

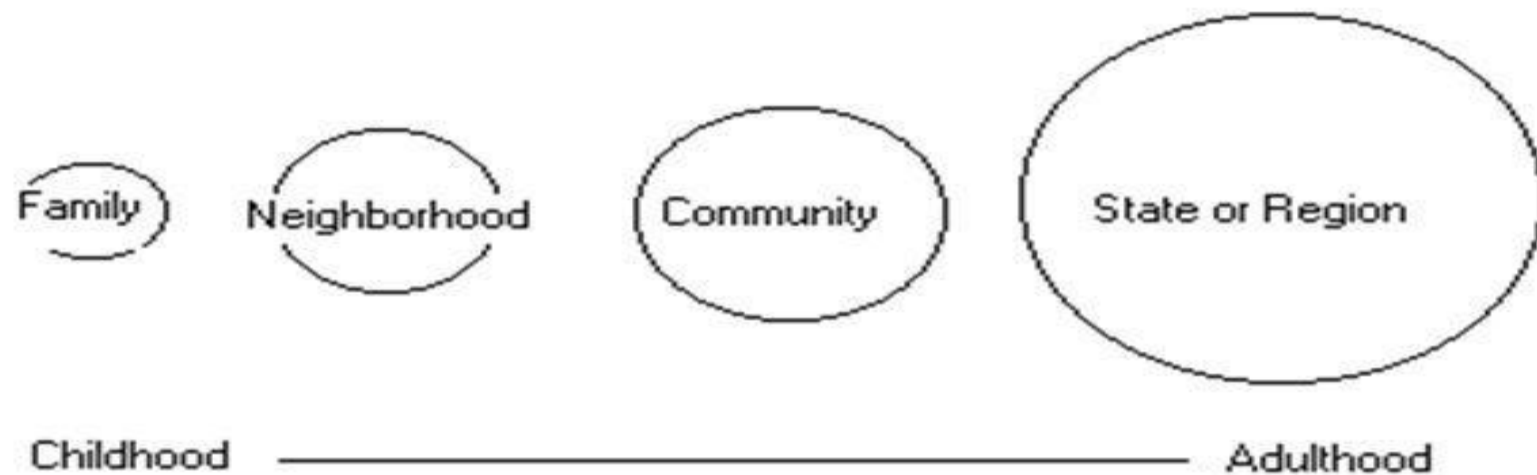
- Boundaries are maintained to determine who is the in-group and who is the out group
- Two types of boundaries
  - permeable
  - impenetrable
- Two types of systems
  - open
  - closed



# Questions Addressed by the Theory of Human Ecology / Family Systems

- What are the processes by which families function and adapt to survive, improve quality of life and sustain natural resources?
- How do families allocate and manage resources to meet the needs of individuals and the family as a group?
- How do various kinds of environments impact human development?

# The Formation of Boundaries





# Human Ecology vs. Sociology

- More than sociology... Why?
  1. Places the developing children as active forces in shaping their social experience.
  2. Rejects the static or deterministic thrust of sociology by seeking social experimentation at all levels of the social environment.



**Human ecology** explores not only the influence of humans on their environment but also the influence of the environment on human behaviour, and their adaptive strategies as they come to understand those influences better. It is a way of thinking about the world, and a context in which we should define our questions and ways to answer those questions.

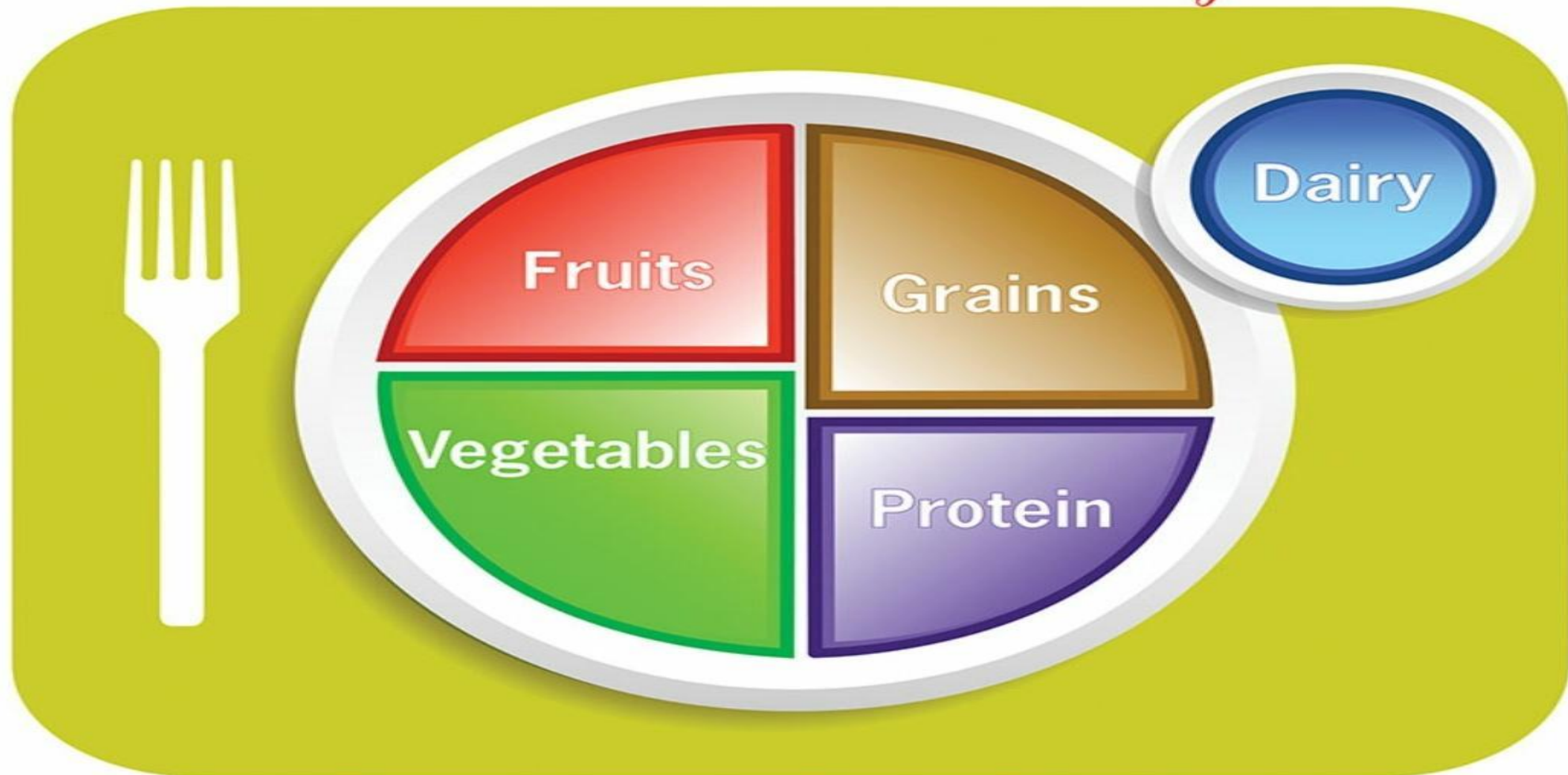




# The main tasks of human ecology:

- the investigation of human health condition;
- the research of dynamics of human health condition in the process of historical and social-economical development;
- the forecast of the health condition of the future generations;
- the investigation of the processes of human health protection;
- the analysis of global and regional problems of human ecology;
- the research of influence of environmental factors to human health;
- the composition of medical-geographical maps that show the territorial differentiation of human diseases;
- the addition of medical-geographical maps and environmental pollution maps and the determination of correlative dependence between human diseases and environmental pollution;
- the determination of value of boundary technogenic load limit to human organism.

# HUMAN NUTRITION and HEALTH





# What is a Nutrient...?

- Nutrients are the essentials for the normal functioning of the human body

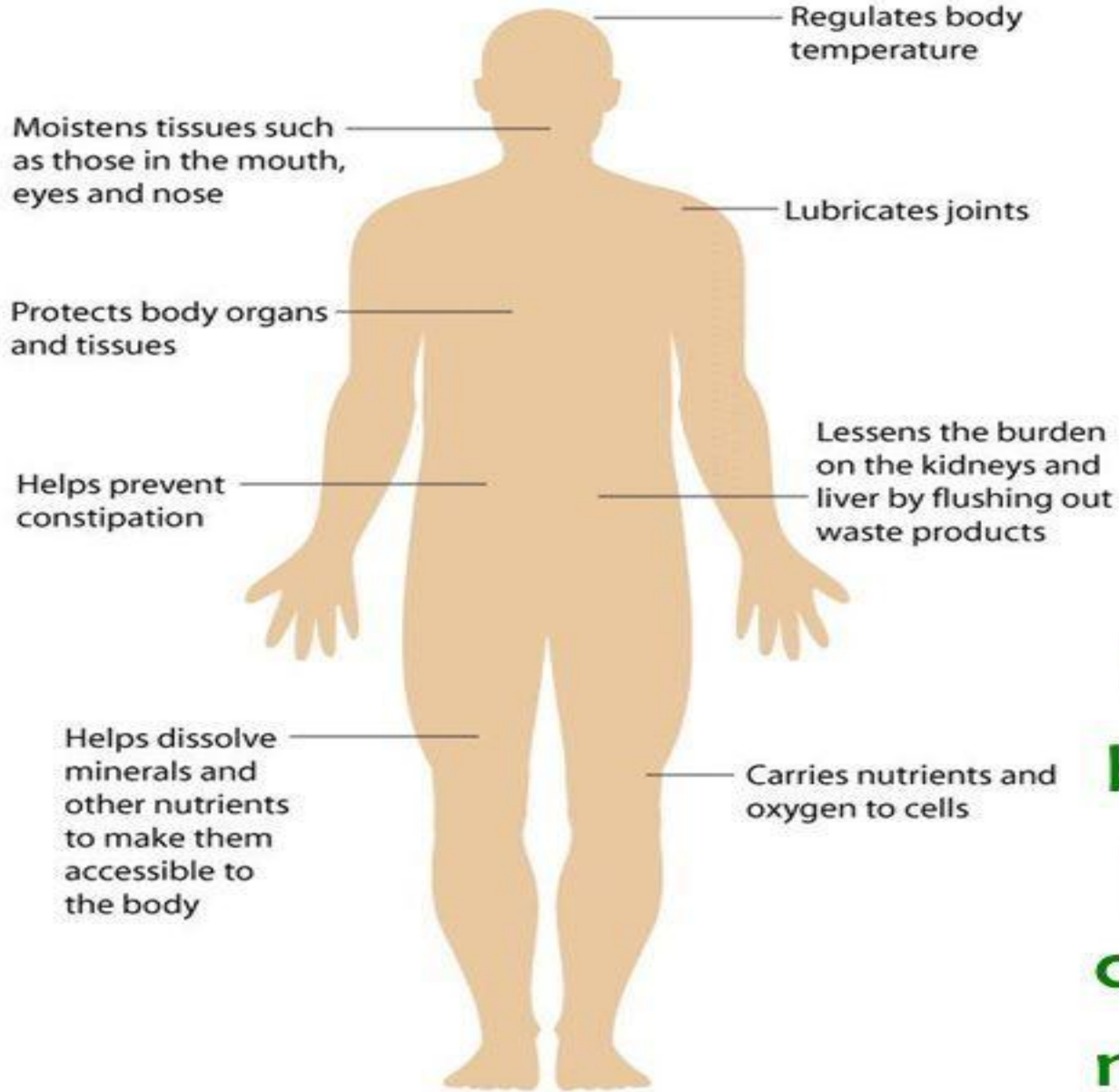


## Includes:

- Carbohydrates
  - Proteins
- Fats and Lipids
  - Vitamins
  - Minerals
  - Water



## Water's effect on the Body



Why is water so important for our body?

Water is needed for every body function, without the proper amount of water certain body functions may not perform as they should.



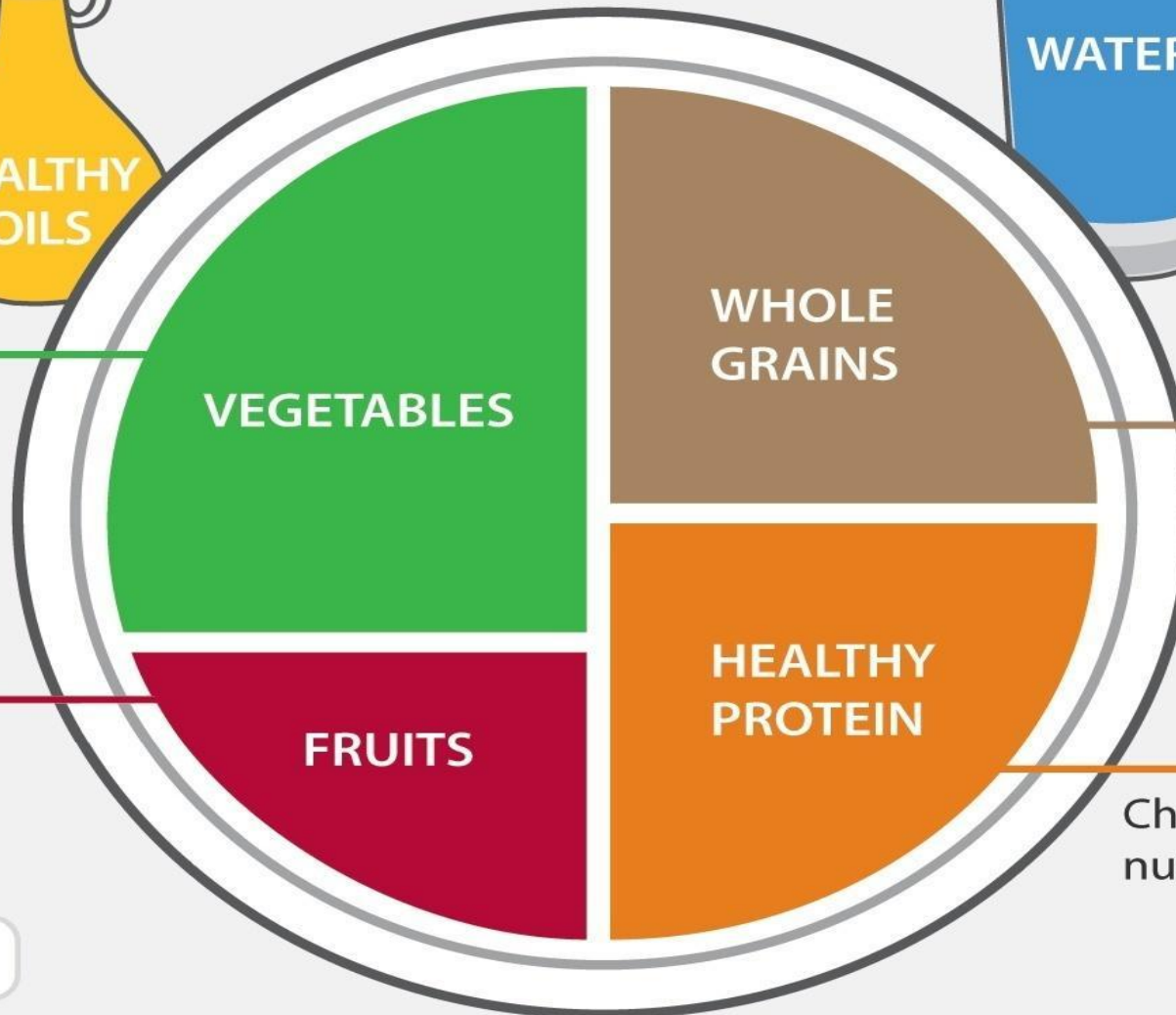
# HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

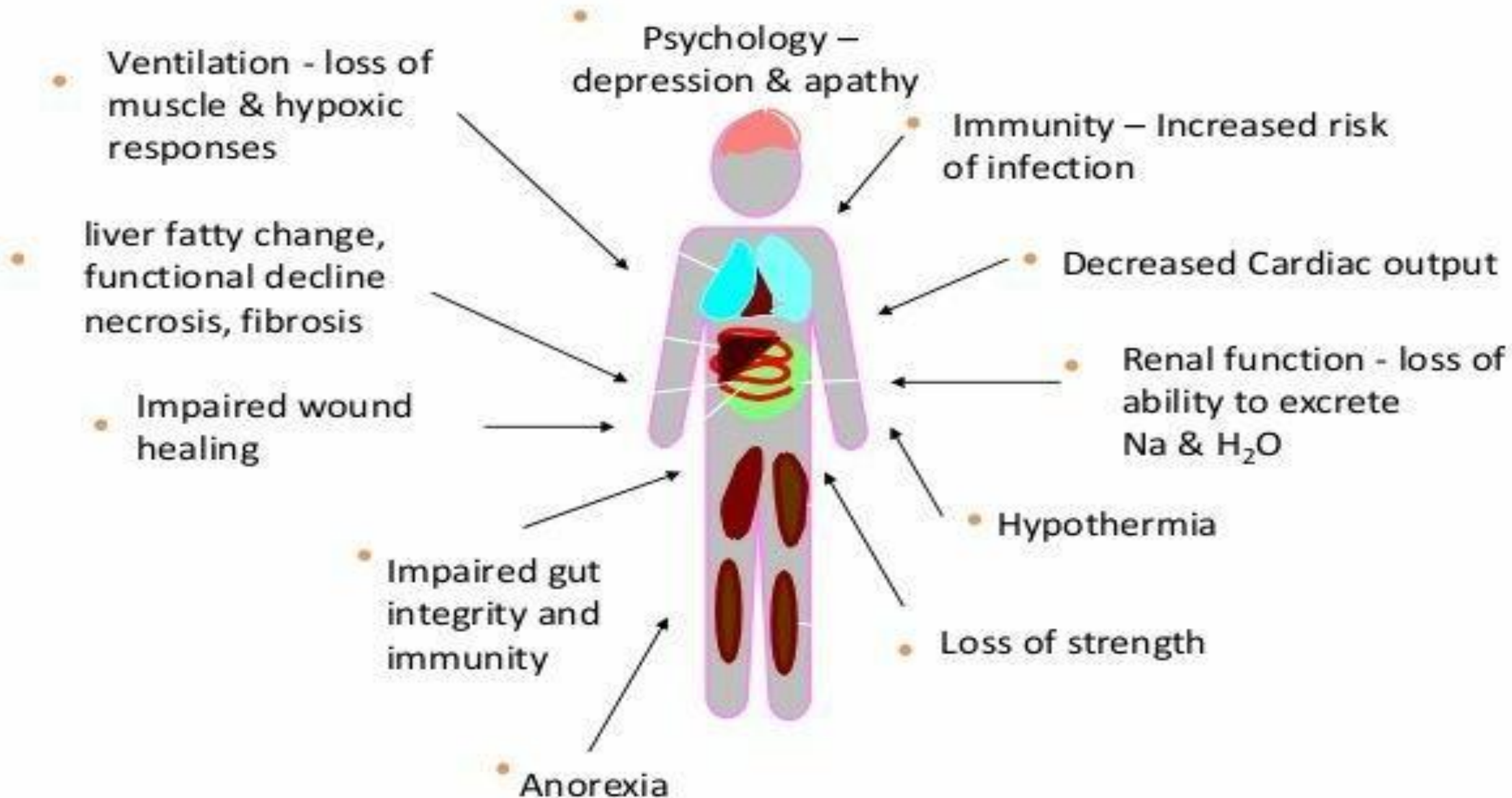
Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**

# Clinical effects of Malnutrition









# VITAMINS



Vitamin/ Mineral	Deficiency disease/disorder	Symptoms
Vitamin A	Loss of vision	Poor vision, loss of vision in darkness (night), sometimes complete loss of vision
Vitamin B1	Beriberi	Weak muscles and very little energy to work
Vitamin C	Scurvy	Bleeding gums, wounds take longer time to heal
Vitamin D	Rickets	Bones become soft and bent
Calcium	Bone and tooth decay	Weak bones, tooth decay
Iodine	Goiter	Glands in the neck appear swollen, mental disability in children
Iron	Anaemia	Weakness



## ECOSYSTEM SERVICES

### Provisioning

- FOOD
- FRESH WATER
- WOOD AND FIBER
- FUEL
- ...

### Regulating

- CLIMATE REGULATION
- FLOOD REGULATION
- DISEASE REGULATION
- WATER PURIFICATION
- ...

### Cultural

- AESTHETIC
- SPIRITUAL
- EDUCATIONAL
- RECREATIONAL
- ...

### Supporting

- NUTRIENT CYCLING
- SOIL FORMATION
- PRIMARY PRODUCTION
- ...

LIFE ON EARTH - BIODIVERSITY

## CONSTITUENTS OF WELL-BEING

### Security

- PERSONAL SAFETY
- SECURE RESOURCE ACCESS
- SECURITY FROM DISASTERS

### Basic material for good life

- ADEQUATE LIVELIHOODS
- SUFFICIENT NUTRITIOUS FOOD
- SHELTER
- ACCESS TO GOODS

### Health

- STRENGTH
- FEELING WELL
- ACCESS TO CLEAN AIR AND WATER

### Good social relations

- SOCIAL COHESION
- MUTUAL RESPECT
- ABILITY TO HELP OTHERS

### Freedom of choice and action

OPPORTUNITY TO BE ABLE TO ACHIEVE WHAT AN INDIVIDUAL VALUES DOING AND BEING

ARROW'S COLOR  
Potential for mediation by socioeconomic factors

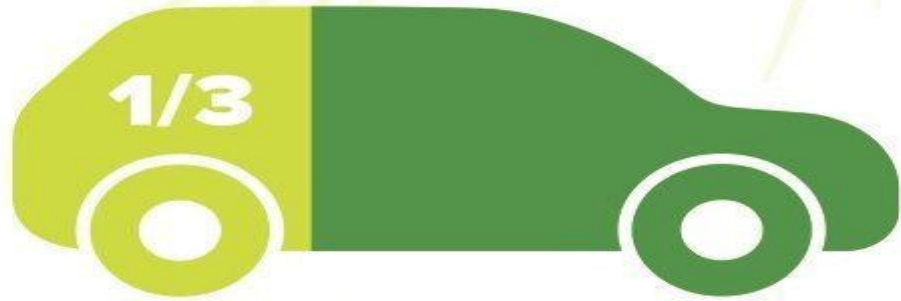
- Low
- Medium
- High

ARROW'S WIDTH  
Intensity of linkages between ecosystem services and human well-being

- Weak
- Medium
- Strong

Source: Millennium Ecosystem Assessment

Here's how **organic farming** can benefit our planet and wellbeing:



## Fresh Air

Switching to the use of organic farming practices across the US could help **eliminate carbon dioxide** from the air equivalent to at least **a third of the cars** in our world.<sup>3</sup>

## Energy Savings

Organic practices could help **reduce the energy** used in farming up to **45%**.<sup>4</sup>



## Nature's Ally

In a world where nearly **40% of the farming land** is suffering significant degradation, organic farming can help **protect soils and conserve wildlife**.<sup>4</sup>

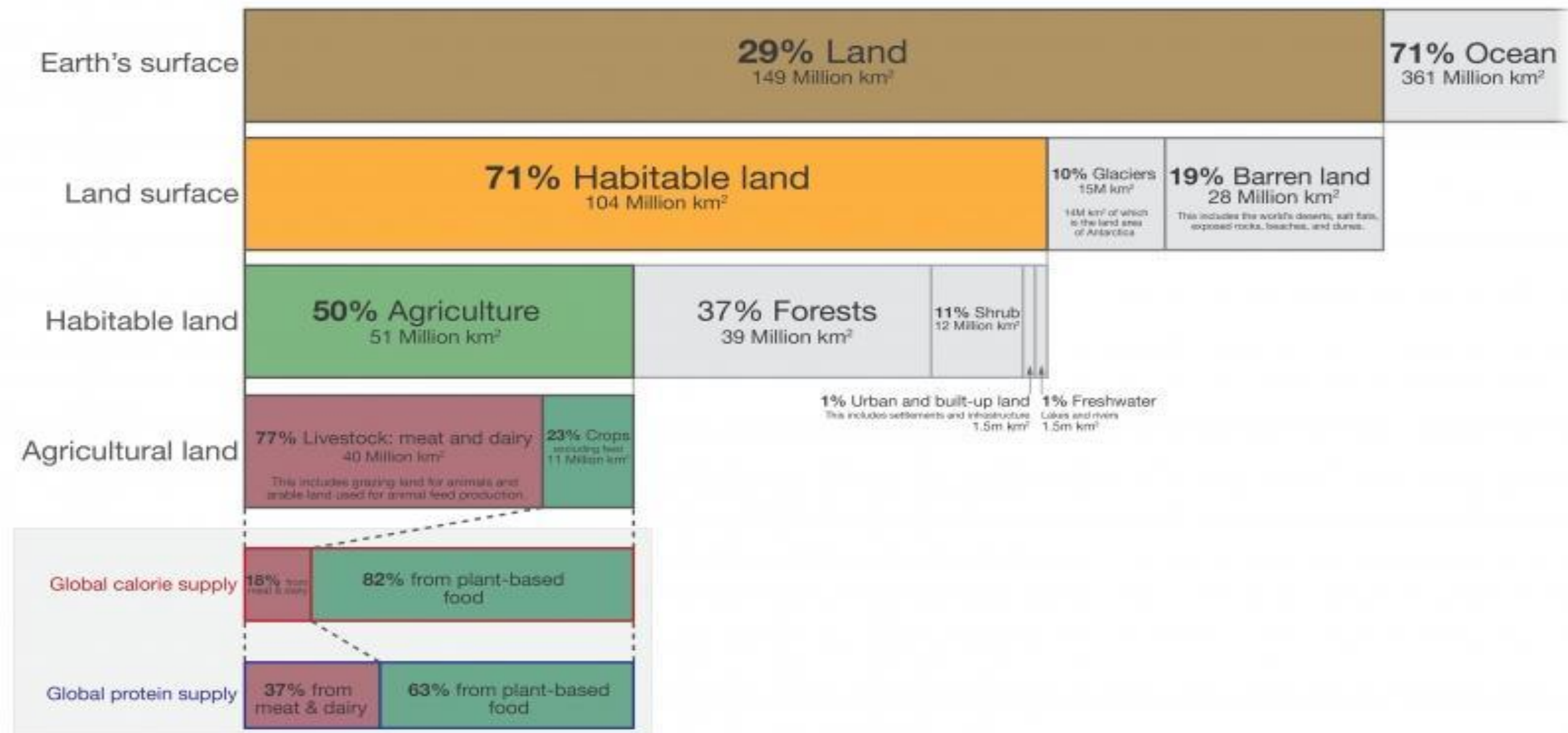


### Sources

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- 2 [www.kashi.com/natural-living/organic](http://www.kashi.com/natural-living/organic)
- 3 [www.ota.com/organic/benefits/global.html](http://www.ota.com/organic/benefits/global.html)
- 4 [rodaleinstitute.org/our-work/farming-systems-trial/](http://rodaleinstitute.org/our-work/farming-systems-trial/)



# Global land use for food production





Thank you!