

Keep Our Property and Life

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*Corresponding author

Kirill Voinov, Professor, University ITMO,
Saint-Petersburg, Russia.

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Altyn Esbulatova¹ and Kirill Voinov^{2*}

¹Junior member of teaching, Agrarian-technical University, Kazakhstan

²Professor, University ITMO, Saint-Petersburg, Russia

Introduction

What does it mean property for a man and for people? It is rather difficult to determine this word unambiguously. If we speak about the world, they are water, land and air. If we think about our comfortable conditions and a standard of living, they are the cost flat and a country/dacha, good car, much money and so on. If we consider about our nutrition, they are many different products to eat, namely, in brief: meat, milk, bread, butter, fish, vegetables and fruits. In this article we describe the role of water and different nuts for our health both as the social and economic aspect.

Gather and Save Water

Practically, there is not any life without water. For example, because of Ukraine which closed the channel with water to the Crimea, it is the problem for the population with the drinking water. In this article we show the working principle which helps to gather the raining water automatically. This water a man uses to wash, to prepare a soap, a porridge, tea, coffee, to boil eggs and so forth. Moreover, if in a village there is only one a well with a small amount of clean water, the new way in practice gives the possibility to have much water during for a long time (Figure 1).

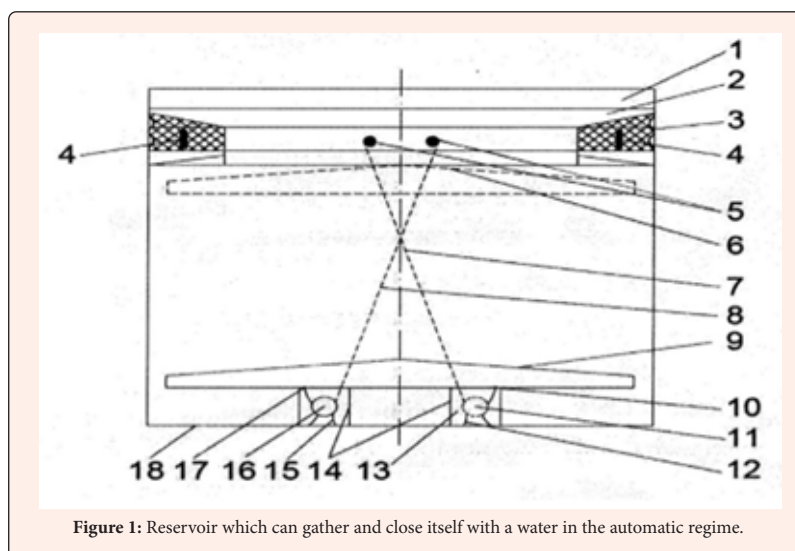


Figure 1: Reservoir which can gather and close itself with a water in the automatic regime.

Applied the next designations: 1 – the ring in a view as a net with the fine cells; medium mesh ring; 2 – a stop ring; 3 – rubber ring (from the water-proof material) having in the inner slot in the circumference; 4 – ribbon or tow-rope which is in the inner space of the rubber ring; 5 – the ends of the ribbon/tow-rope turning out in the outside from the rubber ring (3) to be fixed with the ribbons; 6 – cork float; 7 and 8 – ribbons which are joined in the cross position with the ends (5); 9 – cork float in the lower position if the reservoir is empty; 10 and 17 – points of the fastening the ribbons to the cork float; 11 and 16 – sheaves/pulleys which is enclosed by the ribbons; 12 and 15 – supports for the sheaves; 13 and 14 – blocks for the shaves; 18 – the bottom of the reservoir.

This system will work correctly if the coefficient of friction between of the ribbon ring and the tow-rope be very small and the same for the other pair of friction, namely, positions 11 and 16 with positions 7 and 8. It will assist for the cork float to move up and down freely. Consequently, there is rather simple system which will accumulate the raining water. And if the reservoir full it will be closed automatically (this action takes place if we try to tie up a knapsack, for example). This water can be used both for the man's needs in a flat/bath-house/ in a kitchen-garden and during the situation if there are fires both in a building and in a forest.

About Nutrition (Nuts)

In this part our speech will be about different nutrition. Food is the constant and very important element in our life. Usually a man has eating not seldom than twice per diem (but usually 3-4 times). Here they are breakfast, lunch, dinner, supper. The menu must be more diverse as far as possible. For instance, some amount of meat/beef; fish; vegetables; fruits; sweetmeats (chocolate, sweets, pastries, ice-cream, jams, juices); baking/batches (small loaf, buns, pies); beverages/drinks. Different nuts take up the particular place for the many people. It is more important for a man to get diverse information about different properties connected with nuts. For example, about a presence the protein/albumen, fat and carbohydrate. Different percent of these chemical elements can create both positive and negative influences for the man's organism [1-7]. That's why in this article we want to explain this situation more deeply and with the all-round and with the various points of view. Everybody hardly knows how many kilo-calorie (kcal) the definite product has, id est, what is the meaning of the power value.

There are very many nuts which people like to eat. For example, they are the next with the given abbreviation (Table 1):

Table 1: Nutritious Food.

· Siberian pine nut (Spn);	· Water-melon (M);
· Oil-cake from a Spn (OcSpn);	· Bilberry dried (BiD);
· Rape (R);	· Mango dried (MaD);
· Cashew nuts (CN);	· Cherry dried (ChD);
· Peanut (P);	· Candied Pineapple (CPI);
· Acorn (A);	· Prunes (Pr);
· Apple (Ap);	· Dates (D);
· Cranberry (Cr)	· Orange (Or) / Pineapple (Pi);
· Barberry (B);	· Candied fruit (Or/Pi);
· Pear dried (PeD);	· Raisins (Ra);
· Hawthorn dried (HaD)	· Fig dried (FiD);
· Bananas dried (BaD);	· Sunflower seed(SuSe)/Cocoa bean (Z)
· Dried apricots (DAp);	· Poppy (seed) (Pop);
· Chestnuts fried (ChF);	· Apricot pits (ApP);
· Coco nut /-beans (CoN);	· Sesame (Ses);
· Dog-rose dried (DoD);	· Almond petals (AlP);
· Carrot (CaR);	· Cashew nuts fried (CNF);
· Candied peel CaR (Cc);	· Flax seeds (FLS);
· Pumpkin seeds (PuS);	· Pistachios (Pist).

Using this information any man knowing the doctor's recommendations can choose the righter product to eat (Figure 2). The next data will be connected with the information about the calorie content, the presence of fat and carbohydrate in nuts (Table 2).

Table 2: Several characteristics of nuts. Note: for the protein this product has meaning about 15.

Name	Fat, gm	Carbohydrate, gm	Calorie content, kcal
Average meanings or range			
Apricot (ApP)	45	2.8	520
Watermelon (M)	43	15	557
Cherry (ChD)	30	29	360
Walnut and cedar nut	60	11-Mar	500-660
Cocoa-beans (CoN)	53	14-Sep	530
Chestnuts fried (ChF)	0.3-4.5	27-78	130-362
Cashew fried (CNF)	43-48	22-29	550-600
Coconut (CoN)	35-64	Jul-44	500-660
Sesame (Ses)	48-61	11-Sep	565-574
Poppy (seed) (Pop)	41-48	14-Aug	520-556
Almonds (AIP)	48-56	14-Jul	580-610
Sunflower (SuSe)	51-57	15-Sep	590
Flax seeds (FLS)	42	1.5	535
Pumpkin seeds (PuS)	20-49	Aug-35	445-574
Pistachios (Pist)	45	16-18	560-570
Hazelnut/cobnut*	60-66	10-Jul	630-700
Peanut (P)	45	10	550

Vitamins (Min-Max), Mg

- A: Almond (3), Pistachios (26);
- B1: Coco-nut (0.07), Sunflower seed (1.8);
- B2: Peanut (0.10); Almond petals (0.65);
- C: Cashew, Sesame (0); Pistachios (4);
- E: Coco-nut (0.2); Sunflower (30).

Mineral Substances, Mg

- K: Coco-nut (356); Pistachios (1020);
- Ca: Coco-nut (14); Sesame (1475);
- Mg: Coco-nut (32); Sesame (540);
- P: Coco-nut (112); Siberian pine nut (575);
- Na: Pistachios (1); Sunflower (160);
- Fe: Coco-nut (2.4); Sesame (16).

Further, each patient who has any problems with his/her health (in stomach/belly), lungs, blood vessels, haemoglobin, obesity and so on or if there is a shortage of the definite chemical elements and vitamins in the organism can choose those products which more useful. Taking into account written information it is easily find the right product or medicine including the mineral water.

Recommendations

The new method and working principles to gather the rainwater to catch it and to save it automatically. Using this information every man can apply in practice that product which is more effective for the health. Moreover, for a person (especially for women) who try to keep the figure and support it in an excellent her/his shape you can correctly see the amount of the kilo-calories (kcal) which you get after eating the definite products. Additionally, you can understand what kind of nuts don't helpful in chemical aspects for you too including such product from your food allowance in good time. Don't forget that

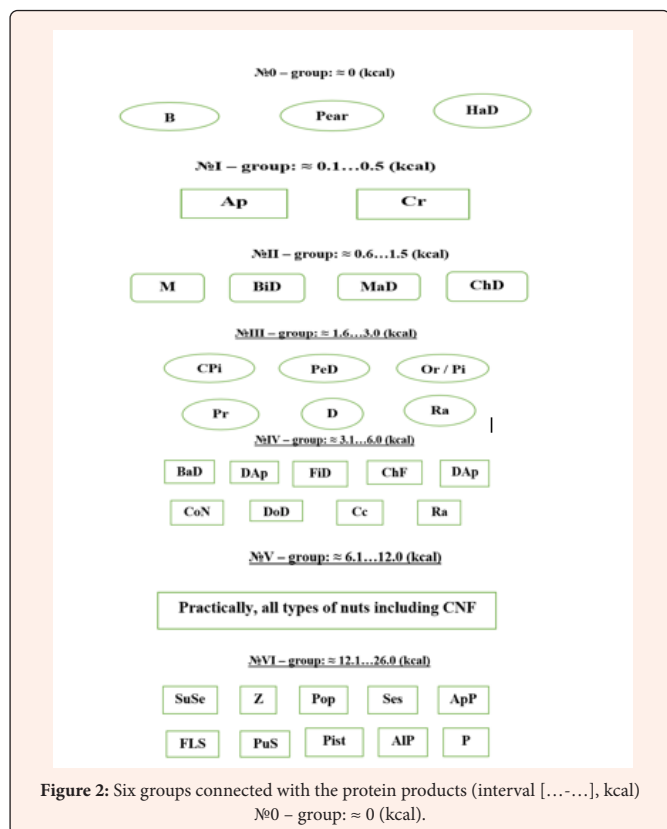


Figure 2: Six groups connected with the protein products (interval [...], kcal)



during one day they don't recommend more than 100 gm of nuts because of their high energetic value.

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