**CLASE: *INGLES I***

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 Nutrition is the fundamental part of health and development, a good diet makes you more effective and productive, improves the immune system, pregnancies become safer, increases mental state and avoids chronic diseases. It helps keep the body at its BMI (body mass index), avoids developing diabetes and cardiovascular diseases, etc. Consuming inappropriate foods in the diet causes malnutrition that poses a risk to humans. Our diet should be based on poroteins found in meats or legumes, carbohydrates, which is energy that becomes glucose so that the body can carry out its daily activities, vitamins and minerals such as calcium, phosphorus, magnesium, sodium, chloride. ,potassium and sulfur. The World Health Organization (WHO) uses its power to help the world's population to establish, align, promote priorities and policies that advance nutrition worldwide, developed on the basis of scientific, ethical and solid frameworks for guidance and implementation of effective nutritional actions, and monitors and evaluates the implementation of nutritional programs and results.

The WHO estimates that 40% of children under 5 years of age and 37% of women are anemic. Worldwide, 1.9 billion adults appear overweight or obese and 38.9 million children are overweight. The rate of obesity and overweight in children is increasing, especially in higher-income countries. Malnutrition causes growth retardation. The most recent estimates show that globally, 149.2 million children under 5 years of age are stunted (too short for their age) and 45.4 million appear wasted (underweight for their age) children. suffer more serious wasting are found in Asia. The number of stunted children is decreasing in all regions except Africa. Breastfeeding protects against malnutrition and overweight; only 44% of children receive exclusive breastfeeding. High sodium intake (>5g of salt per day) contributes to higher blood pressure and a greater chance of developing heart disease and stroke. Sweet, processed, fatty and salty foods drain the body and cause it to not function properly. By consuming fresh and natural foods, it nourishes the body and makes it have the necessary energy, activates metabolic activity and shortage of micronutrients and prevents chronic diseases, promoting general health and well-being of the human body. Proteins, carbohydrates, fats, vitamins, minerals, fiber and water are the seven essential types of nutrients that the human body needs to survive and we need a lot of macronutrients, we can get by with fewer macronutrients ( vitamins and minerals). Proteins The immune system and muscles are strengthened with proteins and are made up of essential amino acids for the body to function correctly and help the body to repair damaged cells and create new tissue, help with the synthesis of enzymes and hormones, Carbohydrates are considered foods that They provide energy. They give the body energy to function properly. Carbohydrates represent 65% of our energy.

 Fats can give the body energy, some forms of dietary fats (fatty acids and polyunsaturated fatty acids) are better than (saturated fatty acids and trans fatty acids) as they help the body produce hormones, grow cells, store energy and absorb vitamins Vitamins are essential compounds for the body to function correctly. The necessary vitamins are vitamins A, B, C, D, E, K, B-6 and B-12, which we receive daily and the body naturally produces vitamin D and K, Minerals or trace elements: macrominerals that are needed in larger quantities such as calcium, phosphorus, magnesium, sodium, chloride and potassium. Trace elements are needed in smaller quantities but they perform several vital functions in the body and those are copper, zinc, manganese. and iron. Age Nutritional needs are influenced by age, for example, the need for vitamin D as a child increases over time, the needs for calcium and phosphorus gradually increase during childhood but decrease with age in older adults because the digestive tract The gastrointestinal tract absorbs less magnesium and vitamins B-12 and in addition adults have a lower production of vitamin D in the skin. Lutein, a carotenoid present in spinach, can significantly prevent age-related macular degeneration in older people.

Well, there are many cases of diabetes at a global level and of poor nutrition also at the world level and this is where the WHO (the world health organization) informs about the cases and gives information on how to prevent diseases and how to improve our diet. and avoid chronic diseases and have a better lifestyle, for example, giving recommendations to improve your diet and advising physical activities to have a healthier body and helps keep the amount of fluids in the body in balance and gender also matters. that women need more calcium and iron than men and it is recommended that they take calcium since calcium helps the absorption of vitamin D. Also on what culture since cultural factors depend a lot on their diet and what foods they prepare and whether they They can put restrictions on meat and dairy products in their diet. Cultural influences can change when people change countries because they tend to adopt their cultures. People frequently use food to defend their cultural identity, people prepare many dishes from different origins. Ethnic elements such as Indli evoke images of South India. In supermarkets you can find a wide variety of foods but if you live in a smaller city or town your food choices may be influenced by what is available locally. A good healthy diet ensures that the body receives all the vitamins and minerals,minerals and nutrients that the body needs to work at its best.

###### Linkografia

https//www.who.int/health-topics/nutrition#tab=tab\_1

https//www.starhealth.in/blog/importance-of-nutrition