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IMPORTANCE OF NUTRITION

We have all heard on occasion the phrase "we are what we eat" however this is not far from reality since there is no awareness in regard to take care of our food, basically if we do not take importance to this, in the not too distant future it will bring us many consequences that will affect our health. Therefore, the present trial focuses on determining how much it influences having a correct diet. . Develop good habits and become aware that nutrition is very important for our body to function properly, as not consuming enough macronutrients and micronutrients that the body needs will lead us to have malnutrition and will make the immune system not work properly and consequently we are more prone to viral diseases and the opposite is to overeat and mostly processed foods will cause non-communicable diseases.

All human health depends primarily on nutrition. Nutrition is vital for our to function properly, develop and above all stay healthy and for that to happen we have to consume enough macronutrients that are proteins, carbohydrates and fats, but the micronutrients that have been vitamins and minerals are also important. Proteins are responsible for strengthening our muscles and immune system, this is composed of amino acids which are essential for our body to function properly. Proteins can be obtained in a vegetarian way (dairy, almonds, seeds, beans, lentils, etc.) and non-vegetarian proteins can be obtained from animals (chicken, fish, beef, etc.) On the one hand, carbohydrates are the foods that provide us mainly with energy which the body needs to function, in turn these adopt the form of glucose that our tissues and cells of the body use immediately. Fats also provide energy to the body so it is important to include them in our diet, some are better than others, but all have an important function in our body. Vitamins have an important role for the body to function properly some are vitamin A, vitamin B, vitamin C, vitamin D and vitamin B-12 those are those that we normally consume in food daily. In turn, we need minerals in greater quantity that are most important, it is calcium to keep our bones strong and healthy, phosphorus which is a component of cell membranes, magnesium For enzymatic reactions, sodium helps maintain blood pressure and balance fluids, chloride helps the production of digestive juices, potassium for the transmission of nerve impulses and finally sulfur is found in all our living tissues. Having a good diet brings us many benefits such as our body working efficiently, it will also improve our heart health by having a good diet, performing some physical activity frequently will make us avoid heart and cerebrovascular diseases, non-communicable diseases, improve our well-being, we will have more energy throughout the day, we will concentrate better and sleep better.

Consuming enough vitamins and minerals will make our immune system work to the maximum, it will also help us delay aging, vitamin C helps the synthesis of collagen which makes us have a firmer skin and antioxidants favor the regeneration of skin cells. The act of metabolizing (process of decomposition of food components) this process causes our body to become stressed so overeating could shorten years of life. Age greatly influences our nutritional needs, vitamin C is required more in a child when he is growing, as well as phosphorus and calcium, but these needs are decreasing over the years, in adults their gastrointestinal tract absorbs less magnesium and vitamin B-12, they also have a lower production of vitamin D in the skin. Gender is also a fundamental part when it comes to ingesting a certain amount of nutrients unlike men, women need more calcium and iron, women are recommended to take calcium and vitamin D together since vitamin D facilitates the absorption of calcium, during the pregnancy process folate, vitamin B, calcium, vitamin D and iron are very necessary for the growth of the fetus. . El estilo de vida de las personas influye mucho en las necesidades nutricionales, en las sociedades urbanas por lo regular el problema que tienen es la obesidad y en las sociedades rurales el problema es la desnutrición, en ambos casos son consecuencias de una mala alimentación, hoy en día gracias al IMC podemos determinar el estilo de vida de las personas. Depending on what level of physical activity we perform will affect our nutritional needs, such as electrolytes that are essential nutrients to preserve fluids in our body, too much salt is bad for the body but in moderate amounts it is good since salt is necessary for our health along with magnesium, calcium, potassium and chloride electrolytes, in our meals salt must be present in moderate amounts to recover the levels of salt lost after each activity performed.

To conclude this essay I hope that people become aware of the above since we could see how much influences a good diet, know what should always include your plate of food to always meet the needs of our body to function properly and be able to perform our daily activities.

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<https://www.starhealth.in/blog/importance-of-nutrition>.