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Carrera: Licenciatura en nutrición

Asignatura: Ingles I

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Tapachula, Chiapas a 14 de Octubre de 2023

WHY IS NUTRITION IMPORTANT?

For the body to function properly, grow appropriately, and keep healthy

CLASSIFICATION

- Macronutrients:**
- Proteins
 - Carbs
 - Fats
 - Water
- Micronutrients:**
- Vitamins
 - Minerals

BENEFITS OF GOOD NUTRITION

1. Maintains good heart health.
2. Improves wellbeing.
3. Maintains immune system.
4. Increases energy levels.
5. Delay the effects of ageing.
6. May lengthen life span.

IMPORTANT OF NUTRITION



WHY NUTRITION IS IMPORTANT?

- Lowers the risk of getting certain illnesses like osteoporosis, heart disease, diabetes, stroke, and several cancers
- Lowers your blood pressure
- Boosts your general wellbeing

FACTORS INFLUENCING NUTRITIONAL NEEDS

1. Age
2. Gender
3. Lifestyle
4. Physical activity
5. Cultural context
6. Locally available foods
7. Dietary and food customs



Linkografía

- https://www.who.int/healthtopics/nutrition#tab=tab_1

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