

UNIVERSIDAD DEL SURESTE
LICENCIATURA EN NUTRICIÓN

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INGLÉS

TRABAJO

MAPA CONCEPTUAL IMPORTANCE OF NUTRITION

1ER CUATRIMESTRE

ENTREGA

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TAPACHULA, CHIAPAS, MÉXICO.

IMPORTANCE OF NUTRITION

UNDERNUTRITION

A condition that occurs when you do not get enough calories or the right amount of key nutrients, such as vitamins and minerals, needed for good health.

OBESITY

Obesity is a chronic disease, produced by the excessive consumption of fats, sugars and carbohydrates, which causes the accumulation of fat in our body. Another cause is little or no physical activity in daily life.

DEATH

Permanent disappearance of all evidence of life at any time after birth (postnatal cessation of vital functions, with no capacity for resuscitation).

DIABETES

Diabetes is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar.

DEATH

Diabetes can make it hard to control your blood pressure and cholesterol. This can lead to heart attack, stroke, and other blood vessel problems. It can make it harder for blood to flow to your legs and feet.

Bibliografía

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

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

