



CLASE:INGLES

ACTIVIDAD:MAPA CONCEPTUAL

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LICENCIATURA:NUTRICION

CURSO:1-A

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IMPORTANCE OF NUTRITION

IT IS PREVENTIVE

PREVENTIVE NUTRITION IS CARRIED OUT TO DETECT,STUDY AND CORRECT ERRORS IN BOTH DIET AND PEOPLE'S EATING HABITS.

BENEFITS OF GOOD NUTRITION

Improves infant health, stronger immune system, safer pregnancies and births, maternal and infant

IN CHILDREN

They learn better, develop better and are more productive, can create opportunities to gradually break cycles of poverty and hunger.

IN WOMAN

They learn better, develop better and are more productive, can create opportunities to gradually break cycles of poverty and hunger.

IN MEN

Improves their productive health, prevents diseases, improves mood and energy, their overall health and have a better lifestyle

WHAT DOES THE WORLD HEALTH ORGANIZATION DO?

Use your power to help the world's population to establish, align, promote priorities and policies that advance nutrition globally, developed based on scientific frameworks.

DISEASES DUE TO POOR DIET

DIABETES, MALNUTRITION AND OBESITY

MALNUTRITION

Makes you have to have stunted growth

Why it is important to consume fresh and natural foods

It nourishes the body and give it the necessary energy, activates metabolic activity and lack of micronutrients and prevents chronic diseases.

ESSENTIAL NUTRIENTS FOR A GOOD DIET

VITAMINS, CARBOHYDRATES, PROTEINS, MINERALS, WATER AND FATS.

THE FATS

Fats can give energy to the body,some forms of dietary fats (fatty acids and polyunsaturated fatty acids) are better than (saturated fatty acids and trans fatty acids).

VITAMINS

They are essential compound for the body to function properly.

MINERALS

They are needed in greater quantities such as calcium, phosphorus, magnesium, sodium, chloride and trace elements are needed in smaller quantities but play important values in the body and those are copper, zinc, manganese and iron

PROTEINS

They do most of the work in cells and are necessary for the structure, funtion and regulation of the body's tissues and organs.

LINKOGRAFIA

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

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