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Materia: Ingles

Tema: Importance of Nutrition

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1

What is it

It is to know the importance that food and each of its components give us, to know its function and how often to eat it to lead a healthy life

2

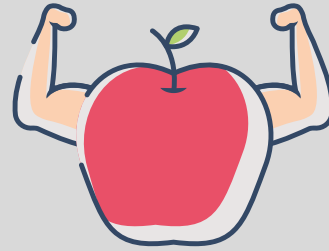
because it's important

It is essential to have a good quality of life to feel healthy and enjoy the well-being provided by a good diet and, in that, nutrition plays an elementary role.

3

that gives us nutrition

- Prevent or control the development of pathologies or diseases
- Promote health
- Improve your mood
- Perform better



IMPORTANCE OF NUTRITION

5

Recommendations

It is recommended to have meals rich in fruits and vegetables, drink two liters of water, do 30 minutes of exercise daily. Eat balanced and measured to have a good diet and health

4

Food gives us

- carbohydrates
- Proteins
- fats or lipids
- vitamins
- minerals
- water

Linkografía

- https://www.who.int/health-topics/nutrition#tab=tab_1
- <https://www.starhealth.in/blog/importance-of-nutrition>