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**NOMBRE DEL TRABAJO: ENSAYO “LA IMPORTANCIA DE LA
NUTRICION”**

ASIGNATURA: INGLES I

GRADO: 1 CUATRIMESTRE

GRUPO: UNICO

**21 DE SEPTIEMBRE 2023
TAPACHULA CHIAPAS**



Nutrition is the most fundamental part of food, since nutrition will always have as main function to get a welfare to our body through food, depending on what we consume good results will be seen. So the main objective is to know that it is of utmost importance what is contained in each of those foods that we introduce through our mouth. Every person who has a proper nutrition are people with more productivity and performance for their day to day. Better nutrition increases the immune system, and reduces the risk of diseases such as diabetes. For the body to function properly, grow and stay healthy, it is necessary to consume enough macronutrients such as proteins, carbohydrates, and water without forgetting vitamins and minerals. On the other hand, malnutrition, which is the lack of nutrients, is more noticeable because of what it can cause, such as damage to health. We can notice that there is a greater increase of malnutrition in the population, specifically in countries, cities and towns of low income, undoubtedly in countries that are not so bad resources there is also malnutrition by poor eating habits because commonly society gives more importance to other situations and not to food for the pretext that attending a nutritionist is "expensive" and that just by eating what is necessary and at the hours already ensure that there will be no bad consequences.

Over the years, we have noticed that canned and processed foods of any type or brand contain high levels of sugar, fats, and other saturations, these are the ones that affect our body with more diseases. Our body requires nutrients such as proteins, which are composed of amino acids, and are essential because they help us to strengthen cells, maintain and strengthen our bones. Carbohydrates are those that give us energy, and we mainly find them in sugars, likewise fats are those that help maintain a healthy skin. Vitamins are the most essential because they help our body to function properly, there is a wide variety of vitamin groups and these are found in most foods or liquids. Minerals are elements that we require for major metabolic functions and are divided into a wide classification. Each of these elements mentioned above has an essential function depending on what our body requires, without them in our body we could not maintain our health stable. Good nutrition is not only eating vegetables and having the weight we want to look physically well, a healthy diet goes beyond that. The benefits of taking care of our nutrition propose us good results such as good health in the heart, since having a very healthy heart we do not suffer from heart diseases such as hypertension, in the same way it helps us to maintain the immune system, the balanced diet of vitamins and minerals

further strengthen our system so that it protects us from infections, bacteria and others. Likewise, nutrition gives us increased energy, obtaining greater performance for the whole day and being able to perform our corresponding activities. Also our nutritional care can guarantee us to extend our life, talking about this does not mean that only adolescents, young people and adults should take care of their nutrition this is for all ages as there is also child nutrition and its main purpose is to instill in children healthy food with fruits and vegetables to ensure healthy growth and development, also a performance for their school activities. Just as there is a nutritional care from an early age, nutrition is also recommended during pregnancy, it consists in having a balanced diet to have a healthy pregnancy. During the gestation stage, it is vital to have a proper diet for the baby to develop healthy and without problems.

On the other hand, nutrition takes into account some important factors in the life of each person, to be able to take a diet is taken into account the age as this will determine how much need your body has, also has much to do gender as men and women do not have the same lack of nutrients, in cases it is recommended to include women more calcium, taking into account that the lifestyle is also part of the nutritional needs because sometimes it is too expensive to leave the foods that we like but do harm to our body since we have grown up consuming things that do not contribute then our lifestyle is adapting and getting used to adding even with diseases such as cholesterol, gastritis, diabetes are diseases such as diabetes, gastritis, diabetes are diseases that we have but we do not treat them we only avoid not consuming the foods that we know we can not consume, and many times we do not really know that there are foods that can affect our disease even more but we still continue consuming for the simple fact of not knowing that this also affects our disease. In this part we also include the cultural context in which we find ourselves many times the social pressure is the one that predominates, since there are cultures in which meats are prohibited and we know that meats give us a great nutritional contribution, then for the person who wants to take better their diet has to consume the large part of food groups to reach the amount you should get every day, but in cases like those with prohibitions it is very difficult to be able to lead an adequate rhythm of life, just as in the diet it is recommended to consume foods that perhaps they have never eaten, or do not know and it is necessary to go to commercial stores to buy, However in the towns it is difficult to find them because they only exist until the city, and it



is understood that many do not make their diet, since they only consume what they have at their disposal, without leaving aside that the nutritional care must be accompanied by physical activation that is to say to do exercises for greater stimulation of our body, mostly the population only prefers to eat well without activation but this is a very important factor and must be done to obtain better results, and knowing that if it is better to take care of the food we can promote society to take care of their eating habits.

For the above reasons we can see that it is very important to understand why maintaining our nutrition benefits us well for now and for our future, both as children, adolescents, youth, adults and seniors regardless of age, our human condition should be paramount in our lives, in order to be happy and healthy people, also promoting the new generations the good use of food. To stop being that country that has high levels of malnutrition, obesity and many more diseases. Also to leave aside the paradigms and social pressure. In my point of view this topic nourishes me personally to have a limit in my diet and not to exceed in consumption of fats, salts, sugars in order to avoid malignant diseases as well as the importance of the professional nutritionist and his role in society.



Linkografía

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