

Asignatura: INGLES I

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Nutrition is a fundamental science of life because it has a great importance in the population in the area of health mainly for the life of people since it is related to food that is necessary for the basic consumption of human beings for survival, from the smallest microorganisms to the largest human beings, all need nutrients to survive and thrive. This process refers to when organisms obtain and utilize the essential nutrients they need to grow, strengthen the immune system, increase mental acuity, decrease the risk of chronic diseases and maintain our systems healthy. It not only has an impact on our physical health, but also influences our mental and emotional health. From every stage of our lives as we are born and as we age, each nutrient provided by food is essential for our bodies to function optimally. Each of these nutrients plays a specific role in maintaining our bodily functions. In this essay we will take an in-depth look at nutrition, the nutrient groups, the benefits of nutrients in our bodies and how our food choices affect our health. We will also cover nutrition in children and pregnancy area about their dietary intake and how to lead a healthier lifestyle through proper nutrition. Nutrition is the foundation of a healthy life, and understanding it is essential to reaching our full potential in terms of health and wellness.

Nowadays, nutrition can be confused with simply eating well to be healthy or maintain weight, but it has a background beyond maintaining a healthy weight and prohibiting us from eating, it is a proper functioning so that our body receives all the vitamins, minerals and nutrients it needs for the functioning of our cells as tissues. By eating right we get benefits for our body's energy, system and performance, which translates into a healthy cardiac system. By reducing the amount of salty and fatty foods that affect our body, we would have a better control of cardiac stresses and improve our energy levels, which is the key for the system to sustain us day by day without consuming energy products and sugars have a great impact on our body, but a balanced consumption reduces the effects of aging on the skin and system. A diet rich in vitamins and minerals and foods with antioxidants, such as tomatoes, almonds and seafood, improve the regeneration of the skin, in addition to improving the metabolism, which is the process by which the digestive system breaks down food so you can follow a good diet avoiding stress on the body, improves the breakdown of food and improves the metabolic system being faster by consuming foods rich in nutrients and unprocessed foods, which increases life expectancy. On the other hand, consuming fatty and sweet processed foods depletes the body by not consuming them properly and without excesses, but consuming fresh foods improves the metabolic system such as fruits and vegetables. Breastfeeding is the first fundamental food to nourish the baby with the essential vitamins it needs to survive from the moment of birth, which maintains and nourishes a healthy immune system that protects from infections and prevents

immunodeficiency disorders, which at that age are essential for the baby's survival. Therefore, from the time we are born until the time we die, we need nourishment to survive and protect our body from diseases thanks to the nutrients contained in foods necessary for our functioning since, in most cases, these are essential vitamins that our body needs to grow.

The body's basic nutrients are used for survival through the production of proteins, which are essential for the growth and repair of tissues, favoring the activity of enzymes and hormones. Carbohydrates are the main nutrient that provides us with energy through glucose, which is necessary for brain and muscle function in the body. Fats are also important, but not controlling them can cause arterial disease, but they are important for health because of their function as a source of energy, absorption of fat-soluble vitamins and function in the cell membrane of the skin. Vitamins and minerals are essential compounds that perform more functions in the body, such as the production of red blood cells and strengthening of the immune system, by seeking access to adequate nutrition is essential for the well-being of people, as it satisfies our basic nutritional needs and controls diseases. Society does not take into account that nutrition can prevent some diseases, but we have the culture of going to a nutritionist when we want to control a disease. By having good nutrition, we can maintain good heart health, preventing a heart attack due to hypertension and high blood pressure, which can be avoided by up to 80% with a diet rich in fruits, cereals and vegetables. Nutrition during pregnancy, as well as infant nutrition, is a topic of great importance in today's society. Pregnancy is an important stage in the life of the woman and the fetus, marked by a series of physiological and emotional changes, in which nutrition during pregnancy is a crucial issue for today's society. During this stage, nutrition is crucial because it affects the health of the mother and the development and well-being of the fetus, keeping both nourished. The first years of life are a crucial period in a child's development, and the nutrition a child receives during this period can have an impact on long-term health, growth and cognitive development. Increase the amount of fruits and vegetables, whole grains, protein foods and, over time, reduce the consumption of fatty dairy products in your diet to maintain a protein balance into adulthood.

In my compilation of thoughts on the subject in general, I believe that the opinion on nutrition is important not only for maintaining health, learning that it is a broader knowledge than eating an apple. If it is not everything in that apple and every substance that makes the body work for my system to transform it into life to the body, it is just a part of the nutrition career where a nutrition professional seeks a diet adapted to each stage of each individual, as it is

from infant feeding to maternal feeding, improving not only physical health but also skin, mental health, heart health and digestive health, maintaining a balance between physical and mental wellness. It amazes me that from a very young age we have the need to feed ourselves and how other bodies create food as nutrients for the survival of vulnerable living beings such as babies. The thing about diseases is that they are a process that the living being will go through, but as something you eat, it can be a medicine that the body itself offers you. What worries me is how society has this taboo of eating poorly and not worrying about seeking assistance in these matters, as well as how false it is; that people seek assistance when they already suffer from a harmful disease looking for control when they could have avoided it by having complete control without maintaining a balance between physical and mental wellbeing. I am surprised that we do not have the need to worry about stopping a pernicious death from infancy.

Linkografía

World Health Organization: WHO. (2019). Nutrition. www.who.int.

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

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