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Adequate nutrition can be taken in different ways. In general terms, healthy nutrition should be an integral part of people's daily lives and contribute to their physiological, mental and social well-being. It is a scientifically proven fact that when the sugar level or blood glucose level drops, the body protects itself, saving the available energy and then distraction, drowsiness, inability to concentrate are the child's defense. A consistent breakfast is necessary, but it is also scientifically proven that every three hours, the normal level of sugar in the blood declines - this is what is called short-term hunger - and the student, even having had a proper breakfast, must eat food to continue. active, attentive, and learn. A lunch or a small snack during the school day of four hours or more is essential. The nutritional status under normal conditions is the result of the balance between what is consumed and what is required, which is determined by the quality and quantity of nutrients in the diet and by their complete utilization in the body. To recognize the quality and quantity of the foods in the diet that we consume daily is essential to keep the body healthy, which is noticeable in body weight and the decrease in developing chronic degenerative or infectious diseases. Each person must acquire the skill and knowledge of consuming a correct and balanced diet in quality, quantity and hygienically prepared, applying the laws of nutrition with the number of servings indicated for each age and maintaining the balance between the nutrients contained in the food. and necessary to preserve and preserve health and in the same way avoid excesses, for which you can make use of didactic tools such as the plate of good eating and the jug of good drinking combining the various food groups, in addition to finding healthy options in processed foods that are purchased in various establishments, which makes it necessary to know the nutritional composition of these products, which is why it is important to learn to read and interpret the nutritional labeling of these products to verify the nutritional information per serving and thus avoid excesses. in food. According to the criteria established by the World Health Organization, a healthy diet must provide the necessary amounts of energy through carbohydrates, proteins and lipids, as well as vitamins and minerals to meet the requirements for growth, development and the proper functioning of all Organs. Nutrition is the science that studies the physiological and metabolic processes that occur in the body with the ingestion of foods from the regular human diet. Nutrition is also the biological process through which organisms assimilate the food and liquids necessary for growth and development, while maintaining their vital functions. In this way, nutrition is considered one of the main components to achieve optimal health and guarantee a good quality of life since the time of classical medicine.

Nutrition is the concept that refers to the process by which the body assimilates nutrients from food through a series of spontaneous phenomena, such as digestion, the absorption of nutrients into the blood through the digestive tract and the assimilation of them by the cells of the body. And that is why, thanks to these phenomena carried out by nutrition, the necessary energy is taken to be able to carry out the rest of the vital functions, in addition to carrying out daily activities. Nutrition is also the medical specialty that is based on the complex analysis of the set of foods that a human being can consume and how this can be adapted to various needs such as a low-calorie, hypotensive, low-sodium diet, etc. In this sense, adequate nutrition is very important so that the body can obtain the best results according to its resources or needs, as well as prevent or cure diseases related to food. For example, in Western societies nutrition is today essential to combat obesity and overweight. The importance of nutrition for the proper functioning of the body lies fundamentally in having adequate eating habits. Although it seems simple to correct bad habits, reality shows us that it is much more complicated than it seems and that nutrition-related diseases are today a global concern. It is estimated that obesity as well as malnutrition affects most of the world's population. For this reason, nutrition education and information campaigns have become the main lines of action of preventive Health Policy programs around the world. These campaigns can be of great help when it comes to raising awareness and providing interesting and practical information to change bad habits. The current reality shows us that it is increasingly difficult to dedicate time to healthy, conscious and regular eating. This is due to the times of modern life that mean that we can use little time to cook healthy dishes and usually end up falling into fast and also cheaper foods. Other elements such as stress, a sedentary lifestyle and negative habits such as tobacco or alcohol clearly work against the well-being of the body, which is why every effort made with good nutrition must be sustained in every sense. To have a balanced nutrition it is necessary to take foods from the three food groups, as indicated in the food pyramid, in an adequate measure, that is, to a greater extent, the group of cereals and tubers, secondly, from the group of fruits and vegetables, and thirdly, products of animal origin and legumes. Of these three groups, six types of essential nutrients stand out that the body needs and that must be taken daily to have optimal nutrition; such as carbohydrates, proteins, fats, vitamins, minerals and water. There are different diets that involve a special selection of these foods, such as vegetarian, vegan, celiac, and those that depend on diseases such as diabetes, etc. It is advisable to consult specialists to receive the best assistance in this regard. We have clear examples of the consequences of poor nutrition, since as the World Health Organization points out, malnutrition is one of the most important causes considered as key factors of mortality in the world, and of course, in the least developed countries. developed countries, where a high percentage of their population suffers from illness or, in the worst case, dies as a result of poor nutrition.

To achieve this, education is the most powerful tool we have, because through it, it is possible to build a new positive relationship towards food and prevent potential health problems. Likewise, it is necessary to invest more and better in nutritional education to promote healthy habits in society because although efforts are made to do so, they are not enough. A clear example of this is the nutritional education that is taught in schools, although it is included in the school curriculum, it is done in a very superficial and insufficient way to be able to transmit and establish good healthy eating habits in children. . In the nutritional education subject, children are taught the importance of adopting healthy eating, hygiene and exercise habits and building a good relationship with food from the beginning to turn them into healthy and happy future adults. The effectiveness of nutritional education interventions is very high and is very well received among the little ones who enjoy and have fun learning about food and being in contact with nature. This occurs because it is a topic that concerns them, with which they have daily contact, every time they eat and interact with food and as some studies affirm, although it may seem contradictory, there is a wide lack of knowledge among children regarding the healthy foods and habits. On the other hand, food is closely related to people's happiness because eating represents a great pleasure that, under optimal conditions, can help develop a feeling of well-being. Since we eat every day and several times, eating is not only limited to the act of eating food, but eating encompasses different social and cultural spheres that directly affect our psychosocial health and this is why we can affirm that a good relationship with Food can bring well-being and happiness to our lives. Both in impoverished countries (due to a shortage of food) and in enriched ones, due to an excess of food, we find various difficulties and pathologies associated with diet such as malnutrition, obesity and overweight, cardiovascular diseases, eating disorders, etc. . We are increasingly seeing a higher rate of diet-related diseases and different studies show that this trend will increase in the coming years. Given this widespread problem, it is necessary for health professionals and institutions to take action on the matter to stop this situation and improve the health and quality of life of the population. Experts and experience confirm that encouraging healthy eating habits from a young age helps create sustainable nutrition patterns. In this sense, it is suggested to teach children to eat healthily, to avoid the occurrence of bad eating habits, during adolescence and adulthood. The task of teaching eating habits is not simple, it requires the active participation of the entire family environment, so that the child feels motivated. We must educate about choosing the best foods and enjoy eating them, so that the child feels empathy for healthy nutrition. Some studies indicate that anxiety levels skyrocket during adolescence, and, in general, young people drain their anguish by eating refined sugars and saturated fats, which generates a vicious circle, due to the consumption of junk food or foods Highly processed foods increase depression rates.

In conclusion, healthy eating is not limited only to food but, in addition to food, it also refers to how much, how and how often food is consumed and must be in relation to the nutritional and energy needs of each person. It would be ideal to be able to define healthy eating as one that includes a list of foods considered healthy, however this is not the case. A person can eat healthy foods, however it is not enough to qualify them that way. Healthy eating should include aspects about frequency of consumption of each type of food, amount of food consumed and forms of preparation and ingredients of said food or meal. According to reports from the World Health Organization (WHO), a healthy diet helps protect ourselves from malnutrition in all its forms, as well as from non-communicable diseases, such as diabetes, heart disease, accidents cerebrovascular and cancer. Healthy eating allows you to have a better quality of life at all ages. Health depends on our habits, our behavior, our diet, our level of physical activity and the environment in which we live. Our genetics are not modifiable. But we can avoid many diseases maintaining healthy habits. Healthy eating is not limited only to food, but in addition to food also refers to how much, how and how often they are consumed. food and must be in relation to nutritional and energy needs from each person. The excessive rise in obesity, heart disease, diabetes and hypertension in the adult urban population is frankly worrying. The abandonment of Mexican food traditions, developed and successfully tested for years, to replace them with culinarily primitive, very expensive and unhealthy Nordic modalities plays an important role in this phenomenon. This is essentially educational, not structural like that of malnutrition, so it could be prevented more easily. If this is not achieved, the health system will soon be under more pressure from the pressure of diseases that are very expensive to manage and will present to millions of urban inhabitants. Although the future is inherently uncertain, nutrition trends in Mexico are clear and consistent enough to make for a particularly complicated picture.

As mentioned, the panorama of nutrition and food in Mexico has become very complex; for decades, rural malnutrition has remained practically at the same proportional figures; There is no reason to expect greater changes in the near future, although phenomena such as emigration to urban areas and the emigration of adult men to the United States should not be forgotten, which generates the sending of economic resources to many rural areas, which unfortunately do not usually produce nutritional or health improvement. Urban malnutrition seems to be on the rise due to the migratory phenomenon, although its intensity is not quantified nor is its complexity greater than that of the well-understood rural environment.

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