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Nutrition is an important part of human life because through the foods we eat in our diet we achieve the daily requirements of vitamins and minerals that we need to live. Unfortunately, today most of the foods we eat are highly processed, causing more diseases related to the diet we eat. This is because life today is very fast, everyone works and looks for the most practical thing to eat, which does not take up much of their time; That is why a way has been sought to save time when preparing food, leaving it ready to eat and only needing to heat it in the microwave. Due to this lifestyle and the foods we consume, there are currently more diet-related diseases. The objective of this essay is to identify how each individual's diet greatly influences their quality of life and their development within society, that is, how, thanks to nutrition, a person can have better academic, work, sports or everything performance. otherwise.

Another factor that greatly influences people's lives is that currently life is very sedentary, most people work in offices where their schedule is 8 hours a day sitting in front of a computer, without having any demanding physical activity that requires a caloric expenditure, and therefore, Excess calories cause the body to store them as fat, which causes people to be overweight or obese. What we should do is get society to give more importance to the food they consume daily, so that they are aware of the quality of food and what nutrients they provide. The importance of nutrition is something that should be taught to us from a young age, since it is very important for many things in life and not only to cover our daily caloric requirements. For example, if a person does not eat well, and consequently his body is not well nourished, he will not be as efficient as someone who does eat well, because he will be more tired, he will be more likely to develop cardiovascular diseases, malnutrition, overweight or obesity depending on be the case and your neural activity will not be adequate to carry out your daily activities. There are studies that show that poor diet and nutrition can cause students to have poor academic performance, their attention decreases and they have difficulties communicating, reasoning analytically and adapting to new environments and people. This is because students do not have enough energy and therefore their attention is reduced.

An important point that must be taken into account is that the economic condition of people is also a determining factor, since in most cases it is more common to see overweight or obesity in people who enjoy a stable economic condition due to excess of food they have, otherwise with people with limited resources it is more common to see signs of malnutrition, this is because they work exhausting days to be able to get money to buy some food, which they often have to share with a very large family group. Ideally, people would have equal access to food because acquiring nutrients from food is essential to preserving life on the planet, as important as breathing. Nutrition is important from pregnancy, since through the nutrients that the mother's body absorbs, the pregnant woman must take care of her diet. Nutrition is very important from pregnancy since the baby's health depends a lot on the mother's diet, because it is the only source of nutrients at that moment, and if the mother does not have a good diet neither will the baby and that Your gestational development will depend. An example of this is babies of alcoholic mothers, who in most cases are born with fetal alcohol syndrome, which causes them to develop abnormal facial features, growth problems and central nervous system problems. They may also have problems with learning, memory, attention, communication, vision or hearing. That is why it is important for a pregnant woman to maintain a good diet and attend all her prenatal appointments to be able to see the baby's growth and thus be able to detect any illness or malformity that the baby may have in time and provide a solution as soon as possible.

The easiest way to eradicate the aforementioned problems is for people, at least in Mexico, to be educated from a young age on how to eat, because most people do not even know what nutrients the foods they consume every day provide them. In this way we would be educating the new generation of humans, so that in the future eating "healthy" is normal and thus we can improve their quality of life. It is more feasible to educate children because they are just beginning to develop their mental capacity, they are beginning to experience the world and therefore it is easier for them to acquire healthy habits than a person who had bad habits all their life and got used to them by living like that to the point that I already saw it as normal.

Bibliografía

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