

Subject:

English I

Pupil:

Ozuna López Marvin Fernando

Semester:

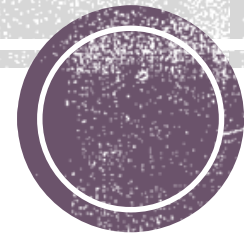
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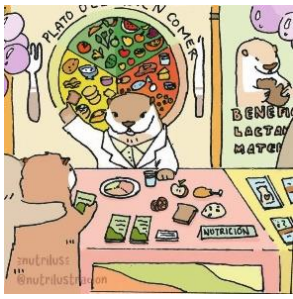
Race:

Bachelor's Degree in Nutrition

ING:

Arreola Jiménez Eduardo Enrique





FOODS, NUTRITIONS AND HEALTH

FOOD:
has always been an essential part of our existence. Over the centuries, we have learned a lot about how to use food to support the growth of children and young people, maintain good health

Functions Of Foods

Function of food is the regulation of bodily functions, including said regulation
Various activities such as:

- Heart rate
- Maintain body temperature
- Muscle contraction
- Water balance control
- blood clots
- Eliminate waste from the body.

The Psychological Functions of Food

Food is supposed to satisfy certain emotional needs. These include security, love and care. That's why familiar foods make us feel safe. Sharing food is a symbol of friendship and acceptance

Food

Food is considered to meet various emotional needs, playing a fundamental role in our daily lives and social interactions.

Reflects social and collective well-being
has a predominant influence on the eating habits of individuals

Functions of Nutrients:

Carbohydrates: Provide our body with the energy it needs, and the energy that is not immediately used for this purpose is stored as glycogen or converted to fat and stored.
Fats: Fats are concentrated sources of energy, carriers of fat-soluble vitamins and a source of essential nutrients.
Proteins: The main function of proteins is the formation and maintenance of new tissue and the rehabilitation of already built facilities.
Minerals: Minerals are necessary for the construction of bones, teeth and soft tissue structural parts
Vitamins: Fat-soluble vitamins A, D, E and K and also water-soluble vitamins C and group B are found in food. These are necessary for growth, normal body function.
Water: Water is of greatest importance in our body; it represents 60% of our body weight. It is also vital since it is used for the elimination of food, being a thermo regulator in the body.

Food Exchange List:

Rich source of iron and B-complex.
Rich source of calcium and riboflavin..
Contains this amount and vanaspati is fortified to provide this amount of Vit. A.

Nutrient Density

nutrient density is an important aspect to be considered in selection of foods, especially in diets of children, pregnant women, nursing mothers and in therapeutic diets for patients

How will you be a responsible nutrition student?

Learn about nutrition and transmit knowledge to the person practice what I learned help the person who needs a diet and/or service to have decent and balanced health



B i b l i o g r a p h y

Fundamentals, Foods, Nutritions and Diet Therapy

<https://alraziuni.edu.ye/uploads/pdf/fundamentals-of-foodnutrition-and-diet-therapy.pdf>

