



Cuadro sinóptico

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FOODS NUTRITION AND HEALTH

FOOD

Food may also be defined as anything eaten or drunk, which meets the needs for energy, building, regulation and protection of the body.

NUTRITION

Nutrition includes everything that happens to food from the time it is eaten until it is used for various functions in the body.

ADEQUATE NUTRITION

It also implies that the utilisation of such nutrients in the body is such that the highest level of physical and mental health is maintained throughout the life-cycle

NUTRITIONAL STATUS

Is the state of our body as a result of the foods consumed and their use by the body. Nutritional status can be good, fair or poor

MALNUTRITION

It results from a lack, excess or imbalance of nutrients in the diet. It includes undernutrition and overnutrition

NUTRITIONAL CARE

It involves assessment of the existing meal patterns and improving these in an acceptable manner.

HEALTH

the word health refers to the condition of the body, good health not only implies freedom from disease, but physical, mental and emotional fitness as well.

FUNCTIONS OF FOOD

Physiological functions: The first function of the body is to provide energy.
The Social Functions: Food has always been a central part of our social existence.
The Psychological Functions: In addition to satisfying physical and social needs, food must satisfy certain emotional needs.

FUNCTIONS OF NUTRIENTS

Carbohydrates: The chief function of carbohydrates is to provide energy needed by our body
Fats: Fats are concentrated sources of energy, carriers of fat soluble vitamins and a source of essential fatty acids.
Proteins: The main function of protein is the building of new tissues and maintaining and repair of those already built.
Minerals: Minerals are necessary for body-building, for building of bones, teeth and structural parts of soft tissues.
Vitamins: These are needed for growth, normal function of the body and normal body processes.
Water: Water is an essential part of our body structure and it accounts for about 60 per cent of our body weight

FOOD COMPOSITION

Food Exchange List: In 1950, the American Diabetes Association and the American Dietetic Association collaboratively developed a system of food lists to help diabetic patients to select foods in their diets. Similar food lists.
Nutrient Density: For example, if one compares the protein content of isocaloric portions of dal, bread and milk, one can see that dal has the highest nutrient density for protein, milk next and bread the least.
How will you be a responsible nutrition student? First, use what you learn in nutrition and benefit yourself. It will help you to look better, feel better and work effectively. By practising what you learn, you will set a good example for others