



ALUMNO: EDUARDO LOPEZ DEL CARPIO

ESCUELA: UNIVERSIDAD DEL SURESTE

CARRERA: LIC. EN NUTRICIÓN

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FOOD, NUTRITIONS AND HEALTH

FUNCTIONS OF FOOD

1. **PHYSIOLOGIA** : To carry out professional , household and recreational activities, to convert food ingested into usable nutrients in the body, to grow and to keep warm. The energy meaded is supplied by the oxidation of the food consumed

REGULATION OF SUCH VARIED ACTIVITIES

AS:

1. Beating of the heart
2. maintenamee of the body temperature
3. control of water balance

SOCIAL AND PSYCHOLOGICAL FUNCTIONS

It has been a part of our community, social, cultural and religious life. Food has been used and social acceptance. It is friendship used as symbul ofo happilness at certain events inlife

Functions of Nutrients

Carbohydrates: Those not used immediately for this purpose are stored as glycogen or converted to fat and stored,

Fats: If excess fats are taken in the diet, these are stored as fat reserves in the body. Energy taken in excess of body needs, is stored as fat in the bod

Proteins: s. The main function of protein is the building of new tissues and maintaining and repair of those already built. Synthesis of regulatory and protective substances such as enzymes, hormones and antibodies is also a function of food protein

Minerals: Minerals are necessary for bodybuilding, for building of bones, teeth and structural parts of soft tissues. They also play a role in regulation of processes in the body, e.g., muscle contraction, clotting of blood, nerve stimuli, etc.

Vitamins: These are needed for growth, normal function of the body and normal body processes.

Water: Water is essential for the utilisation of food material in the body and also for elimination of food waste. It is a regulator of body processes such as maintenance of body temperature

Food Composition

Food Exchange Lists: Foods are grouped in the food value tables, on the basis of the plant part from which the food is derived, for example, seeds, roots, leaves, fruits, etc. Animal foods are grouped on the basis of species and the product used.

Nutrient Density : The nutritive value of these new varieties of foods need to be included in the book on Nutritive Value of Indian Foods.

How Will you be a Responsible Nutrition Student? Thirdly, as a professional you will be able to help people, who seek your advice, to make appropriate changes to improve their food choices to improve their well-being. Lastly, as a member of the community, you can influence the choice of foods served in social events

BIBLIOGRAFÍA

BIBLIOGRAFÍA • English Handbook Basic English. Level 1. UDS. • Mudambi, S. R., Rajagopal, M. V. Fundamentals of Foods, Nutrition and Diet Therapy. 5 TH edition. New Age International Publishers. New Delhi. India. 2007. ISBN (13) : 978-81-224-2972-5