



INVESTIGATION

Student Name: Mario Yasser Gordillo Madrid

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Name of Advisor: Eduardo Enrique Arreola Jiménez

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FOODS, ALIMENTS AND HEALTH



FOODS

Food is what fuels our body. It can also be understood as anything we consume, whether food or drink. Simply put, food is the basic material that makes up our bodies. Choosing the right types and amounts of foods is essential to maintaining good nutrition and health.

NUTRITIONS

The food products that we consume daily include rice, wheat, legumes, vegetables, fruits, dairy products, eggs, fish, meat, sugar, butter, oils, among others. These various foods are made up of a set of chemical substances called nutrients, which are grouped according to their chemical composition. Each nutrient category plays a specific role; However, it is essential that different nutrients collaborate simultaneously to achieve effective action.

FUNCTIONS OF FOODS

1. The primary function of the organism is the provision of energy. This energy is essential to maintain the involuntary processes that are essential for survival, as well as to carry out work, domestic and recreational activities.
2. The second function of food is to integrate into our body. Thus, one of the most relevant functions of food is the construction of the body, providing the necessary energy. The foods we consume daily contribute to maintaining the body structure and replacing cells that have deteriorated.
3. The third function of food is to regulate the various activities of the body. This regulation covers a series of processes, such as:
 - Heart rate
 - Regulation of body temperature
 - Muscle movement
 - Maintenance of water balance
 - Blood coagulation process
 - Excretion of waste from the body.
4. Body's resistance to disease.



NUTRITIONAL STATUS

The qualities that define **optimal nutritional status** include maintaining an adequate weight, engaging in regular physical exercise, and limiting the consumption of sugary drinks and high-fat foods.

A **poor nutritional status** can manifest itself through a series of symptoms that affect both physical and mental health. For example, people with inadequate nutritional status may experience frequent colds, indicating a weakened immune system. This may be a result of insufficient intake of essential vitamins and minerals that are crucial for immune function.



THE SOCIAL

FUNCTIONS OF FOOD

The social function of food. Food has occupied a fundamental place in our social life. It has been present in our community interactions, as well as in cultural and religious spheres. Special foods are shared as part of coexistence in religious ceremonies that take place in homes, temples and churches.

PSYCHOLOGICAL FUNCTIONS OF FOODS

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

FUNCTIONS OF NUTRIENTS

Carbohydrate: The primary function of carbohydrates lies in supplying the energy required by our body. Those that are not immediately used for this purpose are stored in the form of glycogen or transformed into fat **Fats:** Fats are dense sources of energy, in addition to being carriers of fat-soluble vitamins and providing essential nutrients. When excess fat is consumed in the diet, it accumulates in the body. **Proteins:** The primary function of proteins lies in the formation of new tissues, as well as in the maintenance and repair of those that already exist. In addition, hormones and antibodies represent other important functions of proteins present in food. **Minerals:** Minerals are essential for the development of bones teeth and soft tissue structures **Vitamins:** Vitamins A, D, E and K, as well as vitamins C and B which are soluble in water, are present in various foods. These vitamins are essential for the growth and proper functioning of the body. **Water:** The transport of nutrients to cells is facilitated by this process. Additionally, it plays a crucial role in digestion breathing and blood circulation. It also participates in muscle contraction and provides flexibility and elasticity to tissues.

LINKOGRAFÍA

1. Fundamentals of foods, Nutrition and Diet Therapy / 5th Edition / S.R. Mudambi & M. V. Rajagopal