



MAPA CONCEPTUAL UNIDAD 3

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Lic. en Nutricion

1er. Cuatrimestre

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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.

MALNUTRITION

means an undesirable kind of nutrition leading to ill-health. It results from a lack, excess or imbalance of nutrients in the diet.

FEATURES

- Anorexia nervosa
- Bulimia
- Dysphagia
- Depression

NUTRITION

Nutrients are components of food that are needed by the body in adequate amounts in order to grow, reproduce and lead a normal, healthy life.

NUTRITIONAL CARE

is the use of nutritional knowledge in planning meals and the preparation of these meals in an acceptable and attractive manner to feed people.

EXAMPLES

- Diet planning
- Healthy Food Preparation
- Nutritional supplementation
- Nutrition Education

ADEQUATE, OPTIMUM AND GOOD NUTRITION

are expressions used to indicate that the supply of the essential nutrients is correct in amount and proportion.

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

EXAMPLES

- Complete
- Enough
- Balanced
- Varied
- Innocuous
- Adequate

BIBLIOGRAFÍA

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