



Research Work English

Universidad Del Sureste

Campus Tapachula

Subject:

English I

Pupil:

Ozuna Lopez Marvin Fernando

Semester:

1°A

Race:

Bachelor's Degree in Nutrition

ING:

Arreola Jiménez Eduardo Enrique

Tapachula Chiapas, Mexico





Contents:

Page:

| | |
|--|------------|
| Introduction..... | (1) |
| Development..... | (1) |
| What is nutrition?..... | (2) |
| How is the branch of Nutrition related?..... | (3, 4 & 5) |
| The importance of nutrition..... | (6) |
| Nutrition in Mexico..... | (7) |
| Diseases of a poor diet..... | (8) |
| Conclusion..... | (9) |
| References links..... | (9) |

Introduction:

Nutrition as such is a process by which organisms need food and liquors to obtain nutrients that we need such as to grow and develop and above all to keep us healthy, nutrition is fundamentally important for living beings, the body needs carbohydrates, proteins, fats, vitamins and minerals thanks to this and the biomolecules that we obtain from food.

Development:

Humans consume different types of food, and through physical and chemical processes, the body absorbs the nutrients from these foods and converts them into energy to perform their main functions, such as movement, reproduction, and growth. A good and varied diet helps the body to function fully, so the meal should include different types of foods that provide different nutrients.

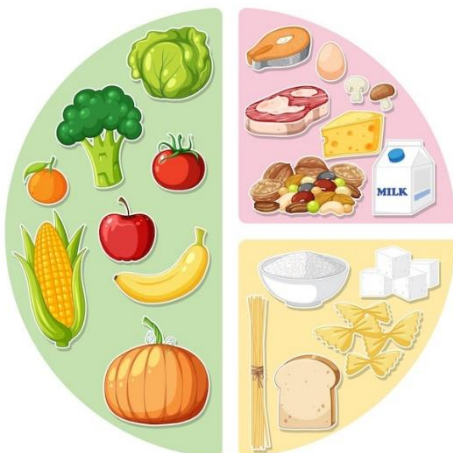


A good diet helps prevent diseases.

What is Nutrition?

It is a biological process that occurs when the body absorbs the nutrients it needs to grow and develop important functions from food and liquids. With food, the body ingests carbohydrates, vitamins, minerals, proteins, and fats.

To maintain a healthy and balanced body, it is important to understand the types of nutrients it contains, regulate food intake according to the body's individual needs, participate in physical activities, and stay hydrated. Many common diseases or predisposition to diseases can be avoided or reduced by following a proper diet. The term nutrition is also used to refer to food science and its relationship to human health. Nutrition is the study of the process by which the body absorbs nutrients from food, taking into account variables such as a balanced diet, staying hydrated and the importance of regular physical activity.



How is the branch related to Nutrition?

Today, in a world characterized by interconnectedness and the constant pursuit of a fulfilling life, various sectors of nutrition play a crucial role in improving the health and quality of life of the society around them.

Bromatology: Branch of nutrition that deals with the chemical and physical study of food. Bromatologists analyze the composition of food, including nutrients, additives, contaminants, and sensory properties. **At the same time, they conduct research to ensure the quality, safety, and authenticity of food.**



Dietetics: Focuses on planning and modifying individual or group diets to promote health and prevent disease. Dietitians consider factors such as age, gender, physical activity, and medical conditions to assess people's nutritional needs. Therefore, they develop a balanced diet plan that contains a variety of nutrients and foods.



Clinical Nutrition:

It focuses on the dietary treatment of medical diseases and disorders. Clinical nutritionists work in hospitals and healthcare facilities, assessing patients' nutritional needs and developing personalized meal plans.



Food Technology:

This more technical branch of nutrition involves the processing, production, and preservation of food on an industrial scale. Food technologists develop methods and techniques to improve food safety, product quality, and shelf life. They study food microbiology, food technology and formulations of new products taking into account nutritional aspects.



Sports nutrition:

Is designed to optimize the physical performance and recovery of athletes and active people. A sports nutritionist will develop a specific eating plan before, during, and after exercise, taking into account energy, hydration, and key nutritional needs.



Paediatric Nutrition:

Being aware of the nutritional needs of children and young people at different stages of growth and development. Pediatric dietitians assess children's nutrition and provide parents with recommendations on how to introduce solid foods, manage food allergies, and prevent nutrition-related health problems.



Oncology Nutrition:

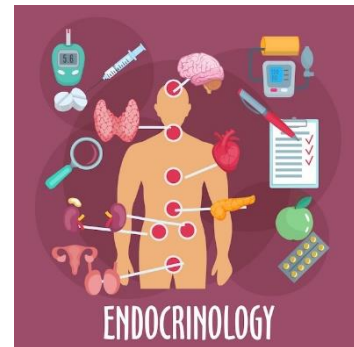
This very special branch of nutrition addresses the nutritional needs of cancer patients before, during, and after treatment. Oncology nutritionists work with the medical team to meet the nutritional needs of cancer patients.



Endocrinology:

Although it is more of a medical branch than a nutritional one, they are closely related. Endocrinology is the study of the endocrine glands and the hormones they produce, as well as hormonal imbalances. In nutrition, endocrinology

plays an important role because many hormones are involved in regulating metabolism, appetite, and energy storage in the body.



The importance of nutrition:

The importance of proper nutrition is to meet the nutritional needs of the body. In order for a person to be able to carry out their daily activities, they need a specific selection of food products that help them: fight diseases and infections, avoid overweight and obesity and improve physical fitness.

Good nutrition isn't just about eating "healthy" foods all the time, there are a number of qualities to look out for when eating. The importance of a healthy diet is not only about meeting nutritional needs, but also about including appropriate food choices.

- **Have a variety of foods:** Proteins (foods of animal origin) that carry vitamins and minerals
- **Consume the necessary amounts of energy:** not exceeding the normal of what you consume leads to a serious problem of obesity, nor does the excessive abuse of food supplements

Nutrition in Mexico

Malnutrition, urbanization of the population and obesity are some of the problems that society will face in the coming years.

Food insecurity and hunger limit the development of millions of people around the world. However, overweight and obesity coexist with food insecurity due to individual eating habits.

In the face of food shortages, a seemingly viable solution could be to ensure food supply according to the standards of the Food and Agriculture Organization of the United Nations (FAO).

Through policies, legislation and strategies on healthy nutrition, malnutrition in all its forms can be prevented.

The World Health Organization recommends five steps to achieve good nutrition:

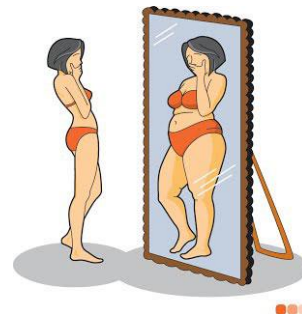


- ✓ At least five servings of fruits and vegetables every day.
- ✓ A varied diet that includes a variety of foods.
- ✓ Balance your calorie intake with physical activity.
- ✓ Avoid saturated fats, sugar and salt.
- ✓ Avoid alcohol, tobacco, and packaged foods

Diseases of poor nutrition:

The most common diseases associated with nutritional imbalances are: arteriosclerosis, diabetes, hypertension, bulimia, anorexia, obesity, some types of cancer, vitamin deficiency, indigestion and malnutrition.

It is worth mentioning that a healthy diet does not depend only on individual intentions, but many times people or groups do not have access to certain types of food for economic reasons or humanitarian and social crises. Due to the lack of certain foods or drinking water, part of the world's population is malnourished or malnourished, unable to consume the nutrients that cover the basic needs of the body.





Conclusion:

As we know, a healthy diet prevents diseases both physically and mentally, people as such do not follow a pattern of good nutrition for economic reasons and because they ignore the advice of a health professional.

Society chooses to drink drinks with high sugars and over time they could develop diabetes, obesity or a cardiovascular problem.

References links:

[Concepto.de/Nutrición](#)

(IMSSGOBERNACION 2024)

euroinnova.com/nutricion/articulos/ramas-de-la-nutricion