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FOODS, NUTRITION AND HEALTH

Functions of Food

Functions of Food: The body needs energy to sustain the involuntary processes essential for continuance of life, 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 Social Functions of Food: It has been a part of our community, social, cultural and religious life. Special foods are distributed as a benediction or prasad in the religious functions in homes, temples and churches. Feasts are given at specific stages of life such as birth, naming ceremony, birthdays, marriages, etc.

The Psychological Functions of Food: In addition to satisfying physical and social needs, food must satisfy certain emotional needs. These includes a sense of security, love and attention.

Functions of Nutrient

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 Lists: 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.

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? By practising what you learn, you will set a good example for others. Secondly take care of nutrition of your family.



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