

Foods, Nutrition and Health

THE ART OF NUTRITION



FOODS

Food has always been an essential part of our existence. Over the centuries, we have learned a lot about how to use food to support the growth of children and young people, maintain good health throughout life, meet the special needs of pregnancy and lactation, and recover from illness.



NUTRITION

Nutrition includes everything that happens. From the moment food is consumed until it is used for various bodily functions. Nutrients are food components that the body needs in sufficient quantities for growth, reproduction, and normal life.

FUNCTIONS OF FOODS

The main function of the body is to provide energy. The body needs energy to maintain the involuntary processes necessary for the continuity of life.

The foods we eat become part of us. Therefore, one of the most important functions of food is to strengthen the body.

The third function of food is the regulation of bodily functions. including said regulation
Various activities such as:

- Heart rate
- Maintain body temperature
- Muscle contraction
- Water balance control
- blood clots
- Eliminate waste from the body.



NUTRITIONAL STATUS

The characteristics of **good nutritional status** are: have an ideal weight, go to the gym moderately, do not drink too many sugary drinks or eat foods with too much fat.

Poor nutritional status manifests itself as colds, withdrawn or irritable personality underdevelopment of the body, abnormal weight (too thin or overweight and flabby body), small muscles and sagging skin, too little pale or too coarse hair, appetite, loss of energy . Low and insufficient protection level



THE PSYCHOLOGICAL FUNCTIONS OF FOOD.

Food is supposed to satisfy certain emotional needs. These include security, love and care. That's why familiar foods make us feel safe. Sharing food is a symbol of friendship and acceptance. It should be noted that even a nutritionally balanced meal may not provide personal satisfaction if it contains unfamiliar or unpleasant foods. With time and repeated experiences, unfamiliar foods become familiar and new flavors emerge.



FUNCTIONS OF NUTRIENTS

The nutrients in food are: carbohydrates, proteins, fats, minerals, vitamins and water. Fiber is also an important part of our diet.

Carbohydrates: Provide our body with the energy it needs, and the energy that is not immediately used for this purpose is stored as glycogen or converted to fat and stored.

Fats: Fats are concentrated sources of energy, carriers of fat-soluble vitamins and a source of essential nutrients.

Proteins: The main function of proteins is the formation and maintenance of new tissue and the rehabilitation of already built facilities.

Minerals: Minerals are necessary for the construction of bones, teeth and soft tissue structural parts

Vitamins: Fat-soluble vitamins A, D, E and K and also water-soluble vitamins C and group B are found in food. These are necessary for growth, normal body function.

Water: Water is of greatest importance in our body, it represents 60% of our body weight. It is also vital since it is used for the elimination of food, being a thermoregulator in the body.