



CONCEPTUAL MAP

DURAN RUIZ AMELIA NAOMI

SOUTHEAST UNIVERSITY

LIC. IN NUTRITION

1ST QUARTER

DR. ARREOLA JIMENEZ EDUARDO ENRIQUE

TAPACHULA, CHIAPAS, OCTOBER 31, 2024

FOODS, NUTRITION AND HEALTH

FOOD

Food is that which nourishes the body. Food may also be defined as anything eaten or drunk, which meets the needs for energy, building, regulation and protection of the body.

Food has been used as an expression of love, friendship and social acceptance. It is also used as a symbol of happiness at certain events in life

Physiological functions of food. The first function of the body is to provide energy. The food eaten each day helps to maintain the structure of the adult body, and to replace worn out cells of the body. The third function of food is to regulate activities of the body. resistance to disease. The Social Functions of Food.

NUTRITION

The characteristics of good nutritional status are an alert, good natured personality, a well developed body, with normal weight for height, well developed and firm muscles, healthy skin, reddish pink colour of eyelids and membranes of mouth, good layer of subcutaneous fat, clear eyes, smooth and glossy hair, good appetite and excellent general health.

Carbohydrates: Starch found in cereals and sugar in sugarcane and fruits are examples of carbohydrates in foods. The chief function of carbohydrates is to provide energy needed by our body
Fats: Oils found in seeds, butter from milk, and lard from meat, are examples of fats found in foods.
Proteins: Casein from milk, albumin in egg, globulins in legumes and gluten in wheat, are examples of proteins occurring in foods.

Minerals: The minerals calcium, phosphorus, iron, iodine sodium, potassium and others are found in various foods in combination with organic and inorganic compounds. Minerals are necessary for body-building, for building of bones, teeth and structural parts of soft tissues.
Vitamins: Fat-soluble vitamins A, D, E and K and also water-soluble vitamins C and B group are found in foods.
Water: We get water in foods we eat and a major part from the water we drink as such and as beverages. Water is an essential part of our body structure and it accounts for about 60 per cent of our body weight. Water is essential for the utilisation of food material in the body and also for elimination of food waste.

HEALTH

The WHO (World Health Organization) has defined health as the 'state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'.

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.

this subject, you will be able to spread the knowledge gained to those around you, so that they discard false ideas about food, which interfere with their food selection and affect their health. Food, nutrition and health are intimately connected aspects of our life.

Bibliography

Fundamentals, Foods, Nutritions and Diet Therapy

[https://alraziuni.edu.ye/uploads/pdf/
fundamentals-of-foodnutrition-and
diet-therapy.pdf](https://alraziuni.edu.ye/uploads/pdf/fundamentals-of-foodnutrition-and-diet-therapy.pdf)

UNIVERSIDAD DEL SURESTE