



# Concept Map

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# UNIT 3

## FUNCTIONS OF FOODS

### Physiological, Social and Psychological Functions

#### PHYSIOLOGICAL:

THE FIRST FUNCTION OF THE BODY IS TO PROVIDE ENERGY.

THE SECOND IS TO BUILD THE BODY.

THE THIRD FUNCTION OF FOOD IS TO REGULATE THE ACTIVITIES OF THE BODY.

#### SOCIAL:

FOOD HAS ALWAYS BEEN A CENTRAL PART OF OUR

SOCIAL LIFESTYLE. IT HAS BEEN PART OF OUR COMMUNITY, SOCIAL, CULTURAL AND RELIGIOUS LIFE.

#### PSYCHOLOGICAL FUNCTIONS:

IN ADDITION TO SATISFYING PHYSICAL AND SOCIAL NEEDS, FOOD SHOULD SATISFY CERTAIN EMOTIONAL NEEDS, INCLUDING FEELINGS OF SECURITY, LOVE AND ATTENTION.

•DEPENDS ON THE DIGESTION ABSORPTION AND TRANSPORT OF NUTRIENTS FROM FOOD TO THE TISSUES.

•FOOD IS A UNIVERSAL MEANS OF EXPRESSING SOCIABILITY AND HOSPITALITY.

•FOOD BECOMES A SHORT-TERM REINFORCEMENT IN ORDER TO STOP FEELING STRESS, ANXIETY, FEAR BOREDOM

## FUNCTIONS OF NUTRIENTS

### Carbohydrates, Fats, Proteins, Vitamins, Minerals and Water

#### CARBOHYDRATES:

The main function of carbohydrates is to provide energy to the body.

#### FATS:

Fats provide energy reserves for the body, help absorb certain vitamins, maintain healthy skin and produce hormones.

#### PROTEINS:

Proteins are essential for repairing and building tissues in the body, such as muscles, skin, and organs.

#### VITAMINS:

They help in the proper functioning of the immune system, metabolism, cell repair and energy production.

#### MINERALS:

They help form strong bones and teeth, transport oxygen in the blood, regulate fluid balance and support the proper functioning of the nervous and muscular systems.

#### WATER:

It helps maintain body temperature, facilitates digestion and absorption of nutrients, eliminates toxins through urine and sweat, lubricates joints and participates in most of the body's chemical reactions.

•GRAINS, FRUITS, DAIRY PRODUCTS AND LEGUMES

•SATURATED FAT, POLYUNSATURATED FAT, MONOSATURATED FAT, AND TRANS FAT.

•ANIMAL ORIGIN AND THOSE OF PLANT ORIGIN.

•VITAMIN A, C, D, E, K, B1, B2, B3, B6, B12, PANTOTHENIC ACID, BIOTIN

•CALCIUM, PHOSPHORUS, MAGNESIUM, SODIUM, POTASSIUM, CHLORINE AND SULFUR

•FREE WATER AND BOUND WATER

## FOOD COMPOSITION

- Food Exchange Lists
- Nutrient Density
- How Will you be a Responsible Nutrition Student?

#### FOOD EXCHANGE LISTS:

•THE EXCHANGE LISTS ARE VERY USEFUL TOOLS IN DIET PLANNING IN HOSPITALS AND IN PERSONAL DIET MANAGEMENT IN THE HOME.

#### NUTRIENT DENSITY:

IT REFERS TO THE QUANTITY OF ONE OR MORE NUTRIENTS SUPPLIED BY A FOOD IN REFERENCE TO ITS CALORIE CONTENT.

#### How Will you be a Responsible Nutrition Student?

First, use what you learn about nutrition and benefit yourself. Second, take care of your family's nutrition. Third, as a professional, you will be able to help people who seek your advice make the right changes to improve their food choices. Lastly, as a member of the community, you can influence the choice of food served at social events.

• CEREALS, TUBERS AND DERIVATIVES, FRUITS, VEGETABLES, MILK AND DERIVATIVES, MEATS, DRIED LEGUMES AND EGGS, SUGARS OR HONEY, OILS OR FATS.

•SOME FOODS WITH HIGH NUTRITIONAL DENSITY ARE: KALE, SPINACH, SALMON, BLUEBERRIES, ALMONDS, BROCCOLI, LENTILS, QUINOA.

•To be a good student, you must follow habits such as: Organization, discipline, active participation, good time management, personal care, and constant review.



## LITERATURE

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