



UDS
Mi Universidad.

Nombre del alumno: Keily Solis Velazquez.

Nombre del tema: What's is nutrition?

Parcial 1

Nombre del Profe: Eduardo C. Areola Jimenez.

Nombre de la licenciatura: Nutricion

cuatrimestre. 1a.

I INDEX

	1
II Introduction	2
III Summary	3
IV What is nutrition	4
IV.1 Nutrition as a science	5
IV.2 childhood or Pediatric Nutrition	6
IV.3 Importance of nutrition in Mexico	7
IV.4 Eating disorders	8
IV.5 Malnutrition And Malnutrition in Mexico	9
V conclusion	10
literature	

Introduction

Nutrition is the science that studies all the processes through which the body receives, transforms and utilizes the chemical substances present in food that are essential for the functioning, growth and development of the organism.

Summary

Nutrition is the biological process in which an organism consumes, assimilates, and uses the nutrients from food to sustain life, grow, develop, and have the energy necessary for its functions. This process is.

What is nutrition?

Nutrition is the process through which the human body extracts nutrients from the food we eat to stay alive and energetic. Nutrients are essential chemical substances for the proper functioning of the human body that it cannot produce on its own, so it must obtain them from external sources.

They are divided into two types: macronutrients and micronutrients, the first type is needed in large quantities such as proteins, carbohydrates, and fats.

Nutrition as a science.

Nutrition is considered a science that studies the relationship between diet and health, integrating knowledge from various disciplines. Nutrition as a science, Nutrition is defined as a science that examines the physiological and metabolic processes that occur in the body when food is ingested. It studies how nutrients and other substances in food affect growth health and the maintenance of vital functions. This discipline is based on scientific research and uses methods from various areas such as chemistry, biology, physiology and medicine to understand how food influences human health.

Nutrition plays a very important role in people's health as it helps us prevent overweight, obesity, and other pathologies derived from poor nutrition. The branches of nutrition are nothing more than the different fields integrated and in which qualified nutritionists can specialize. So let's see what the branches of nutrition are.

Sports Nutrition

Sports nutrition specializes in the development of diets for athletes. Thanks to this discipline, athletes know what, when, and why to drink or eat certain foods before, during, and/or after training or a competition.

Childhood or Pediatric Nutrition

In line with child nutrition nutritional education is promoted from an early allowing children to grow in a healthy way. for example child nutrition should be applied when designing menus in school cafeterias.

likewise pediatric nutrition specializes in the design of dietary guidelines for babies or boys and girls with some pathology advising mothers and fathers in each process

Importance of Nutrition in Mexico.

The importance of nutrition in Mexico should not go unnoticed especially because our country ranks fifth in obesity problems globally.

The importance of nutrition in Mexico is fundamental and a real challenge as it is part of the prevention of public health phenomena. It has been shown that this issue is linked to chronic diseases such as hypertension or diabetes and other cardiovascular conditions that represent some of the main causes of morbidity and mortality.

Eating disorders

Eating disorders or eating disorders (ED) encompass several chronic and progressive diseases that although they manifest themselves through abnormal eating behaviors that negatively affect person's physical or mental health (1) actually consist of a very complex range of symptoms, among which prevails an alteration or distortion of body image or a great fear of gaining weight and the acquisition of a series of values through body image, although there are certain eating disorders that cause a person to excessively eat food.

Malnutrition And Malnutrition In Mexico

The lack of nutrients that prevents the human body from achieving adequate development for a high standard of living is known as malnutrition.

It is a consequence of little or no consumption of healthy foods such as vitamins, minerals and proteins.

Conclusion

Nutrition is essential for life. The nutrients in food provide the energy, building materials and tissue repair elements for growth development body function

Provides energy: Nutrients such as carbohydrates fats and proteins transform food and oxygen into the energy needed for daily physical and intellectual activities

Literature.

What is nutrition?
Wikipedia

Eating disorders
Wikipedia

Importance of nutrition in Mexico

etac.cdu.mx/blog etac/index.php

Importancia de la nutrición - en - Mexico.