



INVESTIGACIÓN

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¿Qué es LA NUTRICIÓN?

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INTRODUCTION

Nutrition and the search for food by human beings date back to the appearance on Earth. However, today we recognize nutrition as a specialized science, which is still very young, having only developed during the 20th century.

Nutrition as a science began to be considered a scientific discipline that supports medicine and other health sciences such as chemistry, sociology, anthropology, nursing, psychology, physical therapy, physical culture, and dentistry.

Nevertheless, it was founded on biochemistry in the early 20th century, when the need to understand basic dietary patterns for good health was finally acknowledged, along with the interaction and effects that food has on the human body.

Nutrients are the basic principles of any diet or eating plan, and their value is based on the quantity and quality of the nutritional substances they contain.

DEVELOPMENT

1. What is NUTRITION?

Nutrition is the science that studies all the process 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.

It is an involuntary and unconscious process, similar, in all individuals, with changes resulting from the evolutionary process.

These processes are related to the absorption, digestion, metabolism, and excretion of nutrients and bioactive compounds.

Additionally, there are other molecular-level processes in which nutrition plays a key regulatory and metabolic role, especially, mediated by enzymes, vitamins, minerals, amino acids, glucose, hormones, etc.

1.1 THE TEN BRANCHES OF NUTRITION

* **SPORTS NUTRITION.** In the branch, professionals advise and train individual athletes, recreational and high-performance.

- Develop protocols to prevent dehydration.
- Recommended the right foods that help individuals maintain a healthy body mass level.

* **HEALTH COACHING.** As medical costs skyrocket, more companies are hiring health care providers to set up wellness programs to provide advice on how their employees and associates can lead healthier lifestyles and reduce the number of sick days.

* **HOUSTIC NUTRITION.** The purpose of this branch is to help problems such as obesity which haunt Mexican society.

* **CLINICAL NUTRITION.** Design nutrition programs for hospitalized patients.

They usually work in clinics, public and private hospitals, and community health centers, working closely with medical and nursing staff to create nutrition programs.

* **PUBLIC HEALTH NUTRITION.** Citizen nutrition truly affects public health across the nation.

- Promote the benefits of health nutrition.
- Voke food advertising aimed at children.

* **FOOD AUDITOR.** This branch of nutrition is in high demand around the world, given that there is a progressive emphasis on the part of governments to scrupulously regulate the way food is produced.

* **PEDIATRIC NUTRITION.** This is Challenging and rewarding brach, since a proper diet will give the next generations better life opportunities.

* **CANCER NUTRITION.** Nutrition is an integral part of Cancer tratament. Due to the nature of the job oncology nutritionists most gave advanced proffesional training.

* **NUTRITION IN RELATION TO EATING DISORDERS.** Nowadays and particularly among adolescents, eating disorders are very prevalet.

* **VETERINARY NUTRITION.** While most of the things of nutrition as a scientific field aimed solely at humans, veterinary nutrition is just as important.

1.2 IMPORTANCE OF NUTRITION IN MEXICO

The importance of nutrition in Mexico should not go unnoticed, especially because our Country occupies the number 5 position in obesity problems globally.

In addition, the career in nutrition in Mexico has become essential thanks to the facts that over time it has managed to pose a positive impact on different productive sectors.

- * **RESEARCH.** A professional of this career is essential when various types of studies, analyses and clinical trials are carried out to generate scientific evidence that supports better decisions in nutritional health.
- * **COMMUNITY FEEDING.** The importance of nutrition and socioeconomics, the achievement of effectiveness, sustainability and equity of community nutrition programs have become a great challenge for Mexico.
- * **FOOD INDUSTRY.** Given the demand, nutrition professionals analyse the quality of industrialised foods, their formulation and the design of nutritional labels.

1.3 DISEASES DERIVED FROM A POOR DIET

Proper nutrition is essential to maintain good health and prevent diet-related diseases.

* **OBESITY**: Obesity is a disease characterized by excess body fat.

It is related to an unbalanced, high-calorie, low-nutrient diet, along with a lack of physical activity.

* **TYPE 2 DIABETES**. Type 2 diabetes is closely linked to obesity and unhealthy diet.

* **CARDIOVASCULAR DISEASES**. A poor diet, rich in saturated fats, trans fat, cholesterol and sodium, can contribute to the development of cardiovascular diseases, such as heart diseases and stroke.

* **HIGH BLOOD PRESSURE**. A diet high in sodium and low in potassium, along with other lifestyle factors, can lead to high blood pressure, which increases the risk of cardiovascular and kidney disease.

* **EATING DISORDERS.** Such as anorexia nervosa, bulimia nervosa, and binge eating, are linked to unbalanced eating and nutrition patterns.

* **NUTRITIONAL DEFICIENT.** A diet deficient in essential nutrients, such as vitamins, minerals, and proteins, can lead to nutritional deficiency, such as iron deficiency anemia or Vitamin D deficiency rickets.

* **OSTEOPOROSIS.** A lack of adequate intake of calcium and Vitamin D throughout life can increase the risk of osteoporosis.

To prevent and manage these diseases, it is essential to adopt a balanced and diet that includes wide range of healthy foods, such as fruit, vegetables, whole grains, lean proteins, and healthy fat.

It's also important to limit your intake of processed foods, added sugars, saturated fats, and sodium.

CONCLUSION

Nutrition is a fundamental aspect of the health and well-being. Understanding what nutrition is and how it influences our bodies allows us to make informed decisions about our diet.

Taking a proactive approach to nutrition can improve our quality of life and prevent diseases, making food an essential pillar in maintaining our health.

One of the main lessons of this subject is the direct relationship between a balanced diet and the prevention of chronic diseases such as diabetes, hypertension, and cardiovascular diseases.

By understanding how different nutrients affect the body, students are better equipped to advise patients on healthy eating habits and to design personalized meal plans that promote long-term health.

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