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ملخص الوحدة السادسة Nutrition Unit6 guide Study

التواصل الاجتماعي بحسب الصف الحادي عشر




روابط مواد الصف الحادي عشر على تلغرام

التربية الاسلامية	اللغة العربية	اللغة الانجليزية	الرياضيات

المزيد من الملفات بحسب الصف الحادي عشر والمادة علوم صحية في الفصل الثاني

1	حل مذكرة نهائية شاملة
2	مراجعة سؤال وجواب
3	مراجعة شاملة نهائية
4	حل أسئلة الامتحان النهائي - العام
5	نموذج الهيكل الوزاري - المتقدم

Health science

Study guide - unit 6 - Nutrition

What is nutrition?

Nutrition is the process of taking energy and nutrients from food and drinks to maintain health.
All living things must consume food and drinks to get nutrients.
Good nutrition means eating a wide range of foods and having a well balanced diet.
Poor nutrition can lead to growth problems in children, and the development of diseases in people of all ages.
Different foods provide our bodies with various nutrients in different quantities, therefore we must eat a wide ranch of foods.

1 FRUIT & VEGETABLES

Give the body vitamins, minerals and fiber.

2 CEREALS & THEIR PRODUCTS

Most of our daily energy should come from this group.

3 MEAT, EGGS & LEGUMES

Provide us with protein and iron.

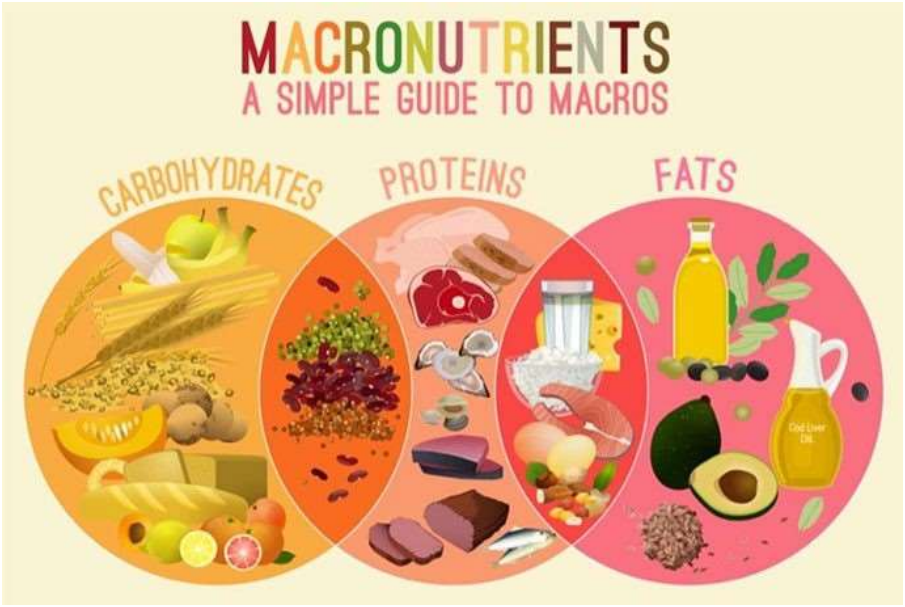
4 MILK & DAIRY

These foods are grouped together because they are rich in calcium and protein.

5 FATS & OILS

We need the correct fats to insulate the body and protect our vital organs.

Other foods that are high in saturated fat, sugar and salt, should not be eaten every day. These foods contain a high number of calories and have every little nutritional benefit.



Nutrients

Nutrients are components in food. Without nutrients, you would not survive. All the nutrients that your body needs should come from the food and drinks you consume every day.

Your body needs nutrients to:

- Give you energy
- Help you stay healthy and fight infection
- Help your brain to function properly
- Help your body with growth, development & repair

Macronutrients

Give the body energy in the form of calories. Macronutrients are needed in large amounts, and they are needed for survival.

Carbohydrates, protein & fat

Micronutrients

Micronutrients are needed by the body in small amounts compared with macronutrients. Micronutrients are vitamins and minerals found in food and drinks, they are very important for health.

Nutrition and immunity
The immune system acts like a security system within the body, it is constantly monitoring the body's cells. It gets to work as soon as it detects any foreign substances in the body. It requires energy and other nutrients that come from the diet.

Immunocompromised
When the immune system's defenses are low, making it hard to fight off infections and diseases.

Older adults are a high-risk group for infection as the quality of the immune system decreases with age.

Nutrition is linked to immunity and the risk of illness. A healthy immune system does not come from one type of food or nutrient.

Dietary supplements are substances found that people might use to add nutrients such as vitamins and minerals to their diet. They come in the form of pills, capsules, powders, gels or liquids. Where possible, vitamin and mineral intake should come from food sources.

What are calories?
Calories are how we measure how much energy a food has.

What are "empty" calories?
Calories whose source has little or no nutritional value such as sodas, sugars, fast food.

Recommended Dietary Allowance (RDA)
The average daily dietary intake level that is sufficient to meet the nutrient requirement of nearly all (97% to 98%) healthy individuals in a group.

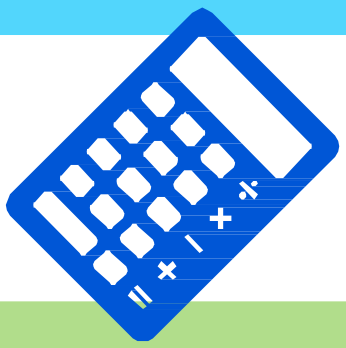
Adequate Intake (AI)
A recommended daily intake level based on observed or experimentally determined approximations of nutrient intake by a group (or groups) of healthy people. It is used when an RDA cannot be determined.

Tolerable Upper Intake Level (UL)
The highest level of daily nutrient intake that is likely to pose no risks of adverse health effects to almost all individuals in the general population. As intake increases above the UL, the risk of adverse effects increases.

Estimated Average Requirement (EAR)
A nutrient intake value that is estimated to meet the requirement of half the healthy individuals in a group. It is used to assess adequacy of intakes of population groups and, along with knowledge of the distribution of requirements, to develop RDAs.

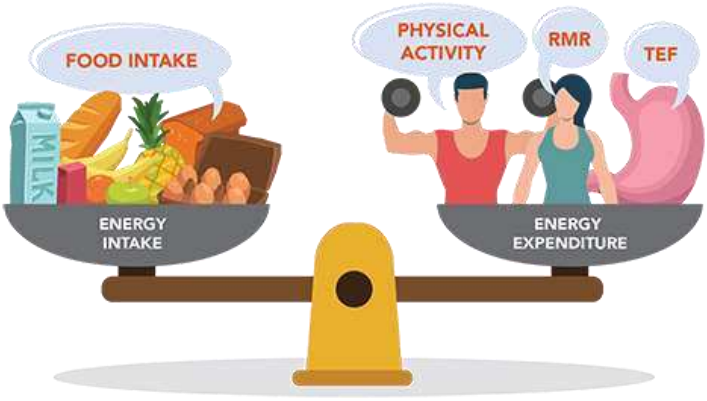
Calculating energy needs
The amount of energy and nutrients needed will depend on:

- Age-generally, people need fewer calories as they get older
- Body size-a person who is muscular will need more calories
- Gender-women need fewer calories than men
- Activity level-the more energy burned doing an activity, the more calories that are needed



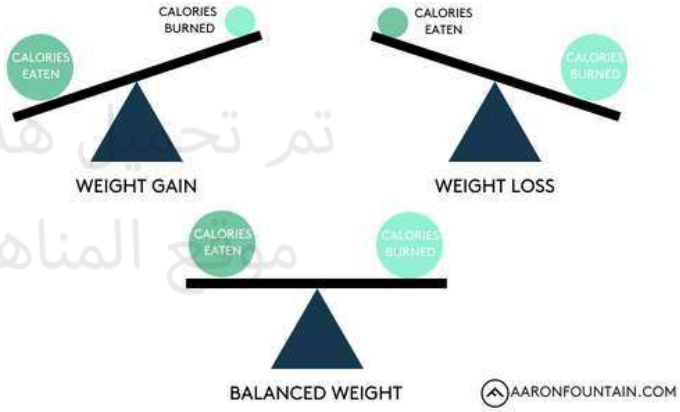
Calories per day

Healthy female - average 2000
Healthy male - average 2500



Energy balance
This is the difference between energy input (the number of calories you put into your body) and energy output (the number of calories you burn each day)

Energy output is not just the calories you burn when you exercise. Around 60-75% of the calories your body uses up each day is in order to simply survive and carry out processes such as digestion.



Energy balance = energy input - energy output

Over eating is the main cause of obesity. It has been found that people are now eating a lot more food than they really need in one meal. Making sure you do not overeat a certain food is also known as portion control. One way to do that is to pay attention to serving sizes.

Recommended serving sizes are similar in most countries around the world. They are often given in grams. If you really want to measure portion size correctly, the best way is to weigh your food.

Food labels

It is important to understand food labels as it is often hard to know what is in packaged foods. If you can understand the label, you can compare the information with other foods and make a healthier choice.