



DIGITAL STUDY GUIDE

STUDENT NAME

WHAT IS NUTRITION?

- Nutrition is the study of nutrients in food, how the body uses nutrients, and the relationship between diet, health and disease.
- Nutrition also focuses on how diseases, conditions, and problems can be prevented or reduced with a healthy diet



NUTRITION



- Carbohydrates - These are one of the three macronutrient types that give energy to our bodies. Starches contain carbon, hydrogen and oxygen. Plants make one sort of starch which is glucose, and this is made through the procedure of photosynthesis.
- Fats and oils – A significant energy source for our bodies at still and during low-force work out.
- Proteins – The main macronutrient that contains nitrogen; the fundamental building blocks of proteins are amino acids.
- Vitamins – Organic aggravates that help us in controlling our bodies' procedures. Vitamins that are not solvent in water but rather are dis-solvable in fat. These incorporate vitamins A, D, E and K.
- Minerals – Minerals have numerous significant capacities in our bodies. They aid fluid regulation and energy generation, are basic to the soundness of our bones and blood and help free our assemblage of harmful by-products and digestion.
- Water – Water is an inorganic supplement that is crucial for our endurance. Satisfactory water consumption guarantees the best possible parity of liquid both inside and outside our cells, likewise, aids the regulation of nerve motivation, muscle compression, supplement transport, and discharge of waste.

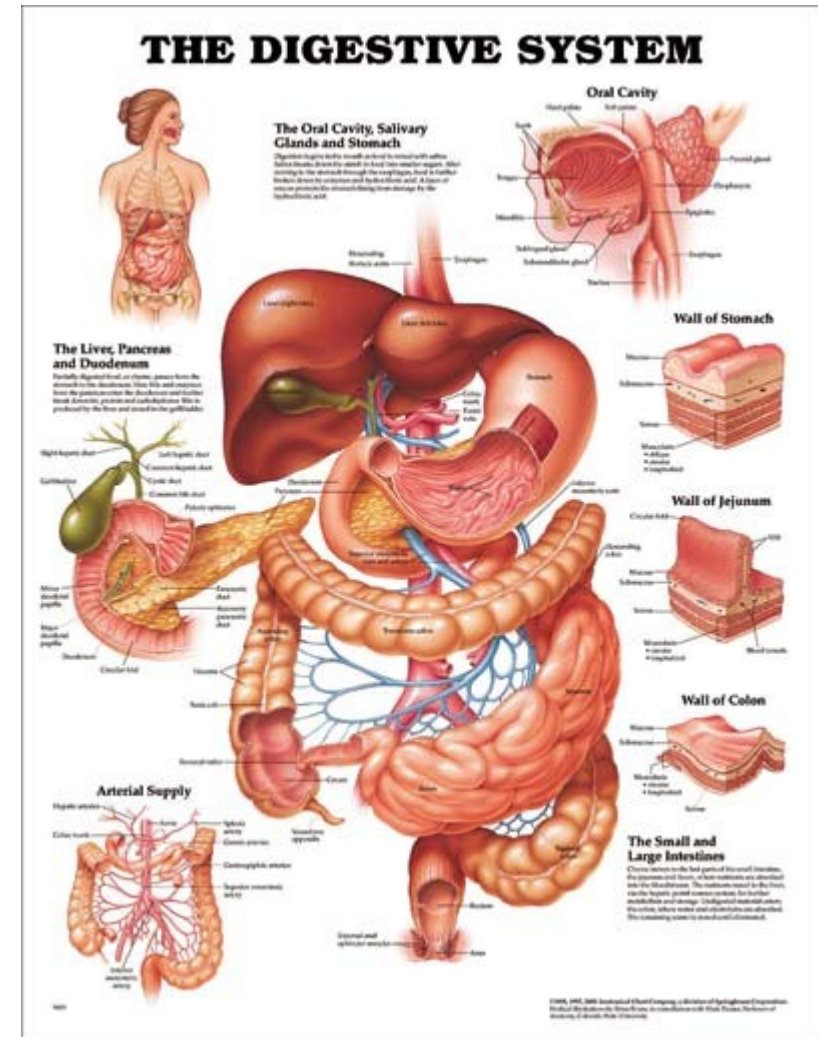
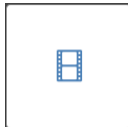
PHYSICAL ACTIVITY/FITNESS

- Helps the body maintain healthy state
- Allows the body to access motor skills
- Influence growth & blood flow



DIGESTIVE SYSTEM

- The digestive system helps the body digest food after ingestion. The digestive system is comprised of the gastrointestinal tract or digestive tract and the liver, pancreas and gallbladder. The GI tract is a series of hollow organs joined in a long, twisted tube from the mouth to the anus.



FLUIDS

Hydration

A healthy individual needs 30 to 50 ounces of fluid for each day. Drinking liquids is significant to remaining healthy and keeping up the capacity of each system in your body, including your heart, cerebrum, and muscles. Fluids convey supplements to your cells, flush microscopic organisms from your bladder and prevent constipation.

Dehydration

Dehydration happens when your body loses more liquid than you take in. At the point when the typical water substance of your body is decreased, it agitates the parity of minerals (salts and sugar) in your body, which influences the way it functions. Water makes up more than 66% of the healthy human body.

BODY ILLNESSES

Diabetes

This is the point at which your glucose levels are excessively high. With Type 1 diabetes, the body doesn't create insulin. Type 2 influences the manner in which the body forms glucose.

Overweight

Being overweight or fat is having more muscle to fat ratio than is ideally sound. Being overweight is particularly regular where food supplies are abundant, and ways of life are inactive.

CONCLUSION

Knowing the way your body works can prompt an even healthier way of life. If we eat healthy, are physically active and get yearly check-ups we can live more joyful and longer lives.



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