

THE IMPORTANCE OF NUTRITION FOR HUMAN LIFE (ЗНАЧЕННЯ ХАРЧУВАННЯ У ЖИТТІ ЛЮДИНИ)

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Розглянуто питання про значення харчування у житті людини. Зазначено, що неправильне харчування призводить до різних захворювань та порушень функцій організму.

Nutrition is the power source that enables the body to function properly and keeps it healthy. The supply of nutrition furnished to the body via intake of various food items, enables it to carry out all the body functions appropriately, thereby enabling it to protect itself from invasion of viruses, bacteria and toxins. From the food consumed, the body absorbs the simple but essential minerals, vitamins, fats, proteins, carbohydrates and water into the bloodstream.

There are seven major classes of nutrients: carbohydrates, fats, dietary fiber, minerals, proteins, vitamins, and water.

These nutrient classes can be categorized as either macronutrients (needed in relatively large amounts) or micronutrients (needed in smaller quantities). The macronutrients are carbohydrates, fats, fiber, proteins, and water. The micronutrients are minerals and vitamins.

Nutrition is critical for health and well-being and is important at every stage of life. Foods provide energy, nutrients and other substances needed for health. Optimal nutritional status helps ensure a healthy pregnancy and a robust newborn. Poor nutrition can result from either inadequate or excessive levels of nutrient intake and influences the development of chronic disease. Healthful nutrition reduces stress, enhances immunity, affects longevity and improves outlook and the quality of life.

Food is the basic need of human life. A human or any living thing can live without any luxury of life but they cannot survive without food.

It is important not only to longevity, the years of life, but also to the life in those years. Aging adults want to stay healthy, and good nutrition can improve the quality of life. Eating patterns contribute to the progression of chronic diseases such as hypertension, heart disease and cancer, and this affects functional ability and the activities of daily living. Nutritional status is a major factor throughout life in disease prevention, treatment and recovery of health.