Food and Nutrition



All foods come from the plant and the animal. The people obtain each kinds of nutrition and the energy through the food to maintain own health.

The healthy and green foods can make us get sufficient nutrition to keep our body be healthy, prevent the happening of the various-diseases and extend life. However, such as food,like fast food although sought after by many people,but this kind of food is unhealthy. We not only unable to get adequate nutrition but also can bring the varying degree to the health the harm.

As is known to all,nutrition is very significant for us. For the instance, the vitamina deficiency affect the child intelligence growth, human body disease-resistant ability, the work,learning capability drop. Moreover,the period of pregnancy malnutrition may cause the miscarriage, the premature delivery, to be even abnormal. We can know that nutrition how important for us.

Whether from the food intake to adequate nutrition directly affect our health. So we should choose healthy food to meet the needs of the body of nutrition.

If you want to know more information you can check this web sit[Link:http://www.nap.edu/topics.php?topic=287]

By□Li Ruowen 130409125 class 4