

# **JIM C – HEALTH TERMS**

## **MONDAY - 01/26/2009**

**Good nutrition is as simple as eating a well-balanced diet with an adequate amount from each class of nutrients and furnishing an adequate number of calories for the body's energy needs.**

### **HOW DID THE TERM “*NUTRITION*” ORIGINATE?**

***Columbia Encyclopedia:* Study of the materials that nourish an organism and of the manner in which the separate components are used for maintenance, repair, growth, and reproduction.**

***Online Etymology:* Nutrition - 1551 (nutritive is recorded from circa 1400), from Latin nutritionem "a nourishing," from nutrire "nourish, suckle." Nutritious is first attested 1665, from Latin nutricius "that which nourishes, nurses," from nutrix "a nurse," from nutrire. First record of nutritionist is from 1926.**

***About.com:* Nutrition is the study of food and how our bodies use food as fuel for growth and daily activities. Macronutrients include proteins, carbohydrates, and fats; the micronutrients are the vitamins and minerals that we need to be healthy.**

***Impact:* A poorly nourished child will fail to grow properly; a poorly nourished adult will have a decreased resistance to infection/disease.**

**Conventional Wisdom: Nutrition + Exercise = Better Vital Statistics**

**M of Z: Your food choices impact your mental and physical well being**