

# Nutrition essays example

[Health & Medicine](#), [Obesity](#)



Nutrition refers to the intake of food in relation to the body's dietary requirements. Nutrition can be broadly classified into two categories. Good nutrition is the intake of a balanced diet and regular physical activity (Samour, 2012). In addition, poor nutrition results to decreased productivity, increased vulnerability to disease, impaired mental and physical development and decreased immunity.

The nutritional quality of the diet is greatly associated with education especially on children whose mind and bodies are growing. The nutritional deficiencies associated with a diet lower the intelligence quotient and cause disabilities in children (Haugen, 2012). For example, iodine deficiency is associated with an average of 13 points reduction in the intelligence quotient. Further, low quality foods given to children at childhood can affect the development of the cognitive abilities like learning, memorizing and problem solving. Therefore, experts recommend that healthy meals for children play an important role for their nutritional wellbeing.

There are various barriers that affect access to good nutrition. First, lack of access to healthy affordable foods and limited resources. For instance, in the low-income areas there is a lack of grocery stores where the residents can buy variety such as fruits, whole grains and greens. Secondly, exposure to few opportunities for physical activity especially to low income people (Zoumbaris, 2009). Thirdly, high levels of stress due to food insecurity contribute to poor nutrition. Also, lack of access to health care contributes to nutritional conditions such obesity.

Bad food is associated with malnutrition in children and conditions such as obesity. It is essential to encourage good nutrition in family lifestyle. Eating

habits must develop early. For example, children mostly acquire the habits from their older sibling and guardians. Young children should be fed healthy breakfast to boost their brain activity. People must avoid sedentary lifestyle and exercise regularly.

## **References**

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