

Informative speech on nutrition essay

Nutrition



**ASSIGN
BUSTER**

The (your college) survey shows students aren't eating a balanced nutrition; with little time and effort it is possible for students to know and understand their daily allowances. 1 .

Survey of (your college) Students nutrition 2. History of Nutrition 3. Food Guide Pyramid C.

How many of you feel you are in the same situations as Suzanne or Eric? Whatever the circumstances, many (your college) students re eating wrong and will soon be affected by it. II. A random survey of fifty Cumberland College students reveals that the eating habits Of students are Often not similar to good nutrition. A Although many students fell like they are eating three meals a day the survey shows many are going without breakfast and picking up an extra meal somewhere else. B. High percentages show that students are not getting enough servings of fruits and vegetables.

C. High percentage of student never takes a multiple Vitamin and never eats healthy snacks. III. A brief history of Nutrition and students excessive consumption of fat. A. The first dietary “ standards”? were formulated in the US in 1940. During WI, a food and Nutrition Board was established as a part of the National Research Council of the National Academy of Sciences (Airline, M.

C. The Science of Nutrition). The objective was to provide standards to serve as a goal for good nutrition. Recommended allowances for nutrients are amounts intended to be consumed as part Of a normal diet. B.

US Department of Health and Human Services stated in The National Adolescent Student Health Survey that most students know that excessive consumption of fat, sugar, and salt increases one's risk for specific health problems, and most student cannot choose between common foods on the basis of their fat, sugar salt, or fiber content. IV. The key to good nutrition is a varied diet that includes every kind of nutrient. The Food Guide Pyramid calls for limited daily servings of fats, dairy products, oil and sweets: more servings of fruits and vegetables; and even greater portions Of bread, cereals and pastas. A. Meat, Poultry, Fish Group- 2 servings B.

Fruit and Vegetable Group- 5 to 6 servings C. Bread Group- At least 4 servings D. Dairy Group- 3 servings should be included in a daily diet. V. Despite the continual changes in food products, one-factor remains constant- food is the only source of nutrition we have, regardless of how, when and where it is prepared. We can't always dictate how food reaches us, but we can be nutritionally knowledgeable. We can learn to meet our nutritional need in the reality of today's eating patterns.