

Assignment example

[Health & Medicine](#)



VIDEO LECTURES. a) I have learned that heart disease has been the leading cause of deaths (a top killer) in the United States since the year 2006. b) I have learned that there exists a challenge among the American people to choose healthy foods from the wide variety of inexpensive and readily available foods and performing physical exercise to maintain healthy status.

c) I find it useful that cases of Diabetes have been on the increase. This has made it to be on the rise among the leading causes of death in the United States since the year 2006.

d) I have found it useful to know that the State of Colorado currently ranks the lowest in cases of Obesity. Less than 20% of its total population is obese.

e) I did not see the importance of mentioning the University's Co-operative extension program.

CALORIFIC INTAKE.

Comments: - On day one; I was constantly on the move thus began the day with a heavy meal. Day two was an average day and so I reduced the amount of food taken. I was still feeling well fed at the end of day one and so decided to skip dinner contrary to day two where I felt that a cup of green tea for dinner would not hurt.

CHAPTER 14; HEALTHY LIVING THROUGH NUTRITION.

From the topic Energy balance and Weight Management, I have learned that I am at risk of developing a diet related chronic disease. I am now also aware of the leading diet related chronic diseases and their risk factors. This sad knowledge has however come with its own remedy. The Dietary guidelines for Americans 2010 (DGAC) which expound on the maintenance of calorie balance and weight management is a useful resource that I hold (Poe, n. d.).

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Through nutrition information provided therein, I am now able combine different foods and nutrients into a balanced diet. This will reduce my risk for a diet related chronic disease.

- a. I have learned that eating should be a pleasurable experience.
- b. I found the clear description of the five classes of nutrients with examples useful.
- c. I found useful the explanation of nutrition terminology.
- d. I have found the thirty answered questions on energy balance and weight management particularly useful.
- e. I did not see the importance of hyperlinks present in the reading (Chapter 14: Healthy living through nutrition).

Reference

Poe, S., n. d. Healthy Living Through Nutrition, s. l.: Arizona Board of Regents.