**Proper Nutrition**

* **Introduction to Nutrition**
* **Definition of nutrition:**
* Nutrition is the process of providing the body with essential nutrients through the consumption of a variety of foods. This process involves the digestion and assimilation of food to obtain the nutrients needed to maintain life and health.
* **Importance of Nutrition:**
* Providing energy: Food is the body's primary source of energy. The nutrients obtained from food are converted into the energy needed to perform all physiological processes.
* **Development and growth:** Especially important for children and adolescents, nutrition provides the necessary building blocks for the growth, development and proper function of all tissues and organs.
* Maintaining health: Proper nutrition helps to strengthen the immune system, maintains optimal cholesterol and blood pressure levels, and reduces the risk of developing heart disease and other chronic conditions.
* **Support for organ function:** Nutrition affects the functioning of all body systems, ensuring the proper functioning of the heart, kidneys, liver and other important organs.
* **Controlling body weight:** A healthy diet helps to maintain a healthy body weight, which affects the overall health of the body and reduces the risk of developing obesity and related problems.
* **Distinguishing between macro- and micronutrients**
* **Macronutrients:**
* **Calcium:**
* **Role: Building and strengthening of bones and teeth, regulation of blood clotting, muscle function.**
* **Magnesium:**
* **Role: Participation in the synthesis of proteins, muscle and nervous system functioning.**