

Health and Food

1. Motivation behind Research Paper

In order to achieve good health, people must eat a balanced diet. Food can not only improve health but also cure mental health. It becomes energy and recreation too. It is important for us to live an enjoyable life. We are children, so we can't have high level skills. For example, medical care or nursing and so on. However, we can cook and eat food. I think that food is very predictably effective to improve health. We can improve health by food.

2. Introduction - Improve health by eating a healthy diet.

Modern people tend to have a cold due to coronavirus and a busy world. We have more chances to think about the importance of health. First, I want you to challenge yourself by correcting your diet. It is a very easy challenge. Everyone is able to do it. It is just a change to a healthy diet. Eating a diet which has the nutrition of needle life activity will be able to improve your health drastically. I want you to know the good points and fascination of dieting, so I research the effects of less nutrition or good points by eating a healthy diet.

3. Results and Analysis

According to Yuki Kida , these days foods are known to decrease stress. Foods westernisation, increasing manufacturing foods and less vegetable related

bad mental health. There is a hormone which helps cure mental illness called serotonin. It is related to controlling feelings , so it can provide possible mental help. Serotonin is made from tryptophan. Tryptophan isn't made by the body, so we need to eat tryptophan from food. Tryptophan is included in fish, meat, soy foods, milk,egg and so on. And when making serotonin, it need a vitaminB. VitaminB is included in ginger,pork and so on.

According to Suntory Wellness corporation, diet balance is very important. Eating only your favourite food and eating huge amounts of food at once is unhealthy. Good balanced diet helps keeping and improving health and preventing adult disease. Having only something nutritious is bad. It slant nutrition. What effect does slant nutrition have? According to MCS Medical care survie corporation, less body weight, altered mentation, brittle-bone disease, demise problem,anaemia and new type of malnutrition. Slating nutrition poses these problems.

What is a good balanced diet?

According to the Health Ministry, the goal of keeping and improving health and preventing adult disease, based on scientific research, is to set the amount of intake of energy or nutrition standard by each age or gender. This is Japanese "dietary reference intakes ". It is a good balanced diet which implements the basis.

Points of good balance diet

It is important to implement five major types of nutrition. You consider eating much more food or don't and adjust food next diet. It is effective. It is also important to know your dimension about eating food. For example, your favorite food, don't

favorite food, can't stop eating snacks and so on. Discovering and getting conscious about it , you improve your nutrition.

4. Conclusion and Future Problems

For these reasons, a good balanced diet is needless to live. And food has the power to improve mental and body health. It also has a beautiful effect and prevents you from getting sick. We don't get healthy just one day. It is important to consider a good balanced diet everyday. However, these days society is so busy. It is difficult to consider a good balanced diet everyday. People tend to cook easily. For example, cup ramen and frozen foods and so on. It is less nutritious,so it becomes easier to get new type dystrophy. It is a problem.

5. Reflection

I understand the importance of food to live by these searches. I became particularly aware of a good balanced diet more than before. I have not considered nutrition balance but, now I often consider it. I knew about food's affections to body and mental health, so I think I want to work related to food. I want to make healthy food products which improve our quality of life. And I want to be a national registered dietitian who can help confuse people about health.

6. Work Cited

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