

NUTRITION

Meaning: Nutrition is the process of obtaining and utilizing the necessary food substances for growth, health, and overall bodily function.

1. Proper nutrition is essential for maintaining overall health and well-being.
2. Many athletes pay close attention to their nutrition to enhance their performance.
3. Nutrition plays a critical role in preventing chronic diseases and promoting longevity.
4. Educating children about nutrition can help them make healthier food choices as adults.
5. The nutrition label on food packaging provides valuable information for consumers.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/nutrition>