Global Perspectives homework

1-Obese

“Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese”

“ Extremely Fat in a way that is dangerous for health”

2-Nutrition

“The taking in and use of food and other nourishing material by the body. Nutrition is a 3-part process. First, food or drink is consumed. Second, the body breaks down the food or drink into nutrients. Third, the nutrients travel through the bloodstream to different parts of the body where they are used as "fuel" and for many other purposes. To give the body proper nutrition, a person has to eat and drink enough of the foods that contain key nutrients.”

3-Prevalent

“accepted, done, or happening often or over a large area at a particular time **:** common or widespread”

4-Binge-eating disorder

“ Binge eating is when you eat a large amount of food in a short amount of time and feel you can’t control what or how much you are eating. If you binge eat regularly—at least once a week for 3 months—you may have binge eating disorder. “

Sources :
Obese - <https://www.who.int/health-topics/obesity#tab=tab_1> ( World Health Organization)

Obese - <https://dictionary.cambridge.org/dictionary/english/obese>

Nutrition - <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/nutrition>

Prevalent - <https://www.britannica.com/dictionary/prevalent>

Binge eating disorder - <https://www.niddk.nih.gov/health-information/weight-management/binge-eating-disorder/definition-facts>

Yes.