

# FOOD AND NUTRITION REVISION STUDY GUIDE NOTES

## Topic 1 (Unit 1): Food, Nutrition, and the Environment – The Interrelationships.

### Learning Objectives: Part A

- Define the common terms in food science and nutrition. ✓
- List the 6 classes of nutrients and their division into 2 subgroups. ✓
- Differentiate between essential, non-essential and conditionally essential nutrients. ✓
- Define calorie and recall the food energy provided by carbohydrates, protein, fat, and alcohol. ✓
- Define phytochemical, functional food, and nutraceutical, and discuss their potential role in health. ✓

### Definition of Food:

- "Food are vehicles for nutrients." As said by prof.
- Any solid or liquid material consumed by a living organisms that maintains life and growth.
- Supplies energy and is a carrier of nutrients.
- Can be processed OR raw. (Fresh pineapple is an example of raw food.) Any form of processing (e.g., packaging) is considered "processed" food.)

### Definition of Nutrition:

- Nutrients are substances the body uses for the growth, maintenance, and repair of its tissues.
- The science of food, the nutrients and other substances.
- Their action, interaction, and balance in relation to health and disease.
- The process by which the organism (body) consumes, absorbs, transports, utilizes, and excretes of food substances.

### Classification of Nutrients:

- Essential Nutrients: Must be obtained from food; Can get a vitamin deficiency or any disease related to a deficiency (example: anemia) or illness this way. (body cannot make this.)
- Conditional Essential Nutrients: The body cannot make enough to meet the requirements for health. The body can make this, but it is not enough.
- Non-Essential Nutrients: The body is able to produce these itself. (example cholesterol)

### Classification of Nutrients:

1. Carbohydrates
2. Lipids (Fat)
3. Proteins (all proteins contain nitrogen)
4. Vitamins

ALL 1-4 ARE EXAMPLES OF ORGANIC NUTRIENTS. "O.N. means that contain Carbon.

5. Water
6. Minerals

5 AND 6 ARE INORGANIC NUTRIENTS. "I.O.N. means they do not contain one of the elements of Carbon, Oxygen, and Hydrogen. For example, water has H<sub>2</sub>O, but does not contain Carbon therefore it is an inorganic nutrient.

# Study Sheet Guide To Good Food

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treasure chest of fascinating facts studies sketches and annotated drawings that will not fail to ignite your enthusiasm for drawing animals from life    **Practical Home Economics** ,1929 The Sept issue contains the annual Teaching aids section

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also include the german speaking austria and particularly vienna as part of weimar culture 2

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