

# 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  $H_2O$ , but does not contain Carbon therefore it is an inorganic nutrient.

# Study Sheet Guide To Good Food

**Young Men's Christian Associations.  
United Y.M.C.A. Schools. Extension  
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,1977      *The Good Food Growing Guide* John Bond,1976      *Leader's Guide to Sharing Catholic Social Teaching* Stephen M. Colecchi,2000 This Leader s Guide provides a flexible resource for infusing Catholic social teaching into a variety of programs and activities      **Food for Thought** Canada. Health Canada,1996 This report presents an overview of the findings of a qualitative study of Canadian children s broad perceptions of healthy eating concepts and of their views of their own eating behaviours and the factors that influence their food choices It is intended to provide information for professionals to use in interpreting Canada s Food Guide to Healthy Eating to children Preface      *National 4-H Club News* ,1942

Farmers' Guide ,1897      *Development and Evaluation of a Prograded Unit at the Beginning Level in Nutrition* Joan

Marie Niedfeldt Richards,1967      **Interstate Poultry School Course** Young Men's Christian Associations. United Y.M.C.A. Schools. Extension Division,1920      *Journal of the American Dietetic Association* ,1995      **Field Guide to Drawing &**

**Sketching Animals** Tim Pond,2019-01-02 Artist Tim Pond s lively and engaging book fuses science with art providing the reader with the skills techniques and knowledge they need to create sketches of animals filled with life and movement There are some very good books written on life drawing yet when it comes to drawing wildlife illustrators and artists often revert to working solely from photographs which can leave the artwork looking lifeless and flat In this inspirational book artist Tim Pond shows you how to observe and draw animals in zoos farms wildlife parks and aquariums teaching you some fascinating facts about the animals along the way and ultimately bringing you closer to nature One of the challenges with sketching wildlife is that animals are constantly moving However by having some basic understanding of the biology of an animal such as knowing that a duck has a cheek or that a cheetah can t retract its claws can influence how you might sketch them and results in a lively drawing that captures the form movement and ultimately the spirit of the animal in question Combining scientific knowledge with expert practical guidance is key to creating successful drawings of animals and Tim s ability to convey this in a way that is both accessible and engaging makes this a unique and inspiring guide suitable for artists of all levels Tim s book takes you on a journey of discovery that will enable you to develop the skills techniques and knowledge you need to sketch a broad range of wildlife encompassing mammals reptiles birds fish and insects It includes quick gestural sketches as well as linear and tonal studies in a variety of media pencil pen and ink and watercolour There are numerous studies comprising how to represent the different patterns of animals coats how to capture the plumage of an exotic bird in watercolour and how to sketch a hippo s hooves as well as guidance on tools materials and basic techniques The result is a

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  
    **A Guide to Modern Biology** Ella Thea Smith,1941      *Resources in Education* ,1979      **The Buyer's Guide** National  
Association of Secondary School Principals (U.S.),1949      **Illinois Education** ,1930      **Better Food** ,1946  
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also include the german speaking austria and particularly vienna as part of weimar culture 2

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