

## Chapter 1 – Food Is More than Something to Eat

- Definition of diet, metabolism
  - o Diet: is your usual pattern of food choices (the food you consume during the day is your diet)
  - o Metabolism: total of all chemical reactions in cells:
    - Energy generation
    - Protein production
    - Waste elimination
- Classes of Nutrients: Micronutrients (vitamins, minerals)
- Food Energy: Energy Suppliers
  - o Fats
  - o Carbohydrates
  - o Protein
  - o Alcohol
- Practice Calculation: Estimate the number of kcal in a serving of food that contains:
  - o 10g of carbohydrates:  $10\text{g carbs} \times 4 \text{ kcal/g} = 40 \text{ kcal of carbs}$
  - o 10g of fat:  $10\text{g fat} \times 9\text{kcal/g} = 90 \text{ kcal/g} = 90 \text{ kcal of carbs}$
  - o 5g of protein:  $5\text{g protein} \times 4\text{kcal/g} = 25 \text{ kcal of protein}$
  - o Alcohol: 7 kcal per gram
  - o Add the three sources together:
    - $40 \text{ kcal} + 90 \text{ kcal} + 20 \text{ kcal} = 150 \text{ kcal/serving}$
  - o Which nutrient provides the highest amount of energy in this food product?
    - Fat
- Definition of Essential Nutrients
  - o Nutrients that the body cannot make for itself or cannot make in sufficient quantities to meet its needs (must be supplied in the diet, from the foods we consume)
- Non-Nutrients: Phytochemicals (definition)
  - o Phytochemicals: made by plants and have some type of biological activity in the body
    - Ex: caffeine
    - Give plants their characteristic aroma, color, and flavor
    - Can also be harmful
- Table of Phytochemicals and examples
  - o Caffeine, Fruits, Vegetables
- No "Good" or "Bad" Foods
  - o "Bad" or "Junk" Foods
  - o Still contain nutrients
  - o Most foods contain more than one nutrient
  - o Empty-Calorie identification – High calories from unhealthy fats, sugar, and/or alcohol; poor source of vitamins and minerals
  - o Nutrient-Dense Food identification - High ratio of vitamins and minerals to calories; Leafy greens, fat-free milk, orange juice, lean meats, broccoli, wholegrain cereals
- Definition of Energy Dense food
  - o Energy Dense – Energy value of a food in relation to the food's weight

# Midterm Study Guide With Answers For Culinary

**Michael Brown**



## Midterm Study Guide With Answers For Culinary:

*Promoting Nutrition Through Education*, 1985 Abstract A bibliography of resources for educating and training teachers school foodservice personnel and students in nutritional principles covers nutrition education materials developed in the US Nutrition Education and Training NET Program as well as citations to literature about the program A total of 445 citations are grouped according to 17 audience levels e g primary grades K 3 postsecondary education foodservice training adult education with each citation containing an informative nonevaluative abstract a format description and a Food and Nutrition Information Center FNIC number A listing of names and addresses of regional and state NET coordinators and title language and state indices are appended wz **Proceedings of the 10th International Conference on Technical and Vocational Education and Training (ICTVET 2023)** Unung Verawardina, Akrimullah Mubai, 2024-05-14 This is an open access book Indonesia as a member of ASEAN is now facing the ASEAN Economic Community AEC 2016 The AEC will support the ASEAN's transformation into a region that guarantees free movement of goods services capital and skilled labors This will make ASEAN an even more dynamic and competitive region In preparation for the AEC the ASEAN member countries have ventured to improve the comparability and connectivity of their TVET systems As an important component of human resources development TVET is expected to play an active role in preparing the successful EAC The implications of technological economic and social trends are intervening factors that refine pedagogical strategies leading to the molding of TVET as a more effective platform to catalyze pragmatic approaches to prepare the workforce for the new imperatives of the world of work Regional integration and harmonization of TVET in the region have become key concerns and at the same time the strength of the ASEAN region They are considered the overarching interventions needed in TVET to address major issues and challenges *Assessing Student Learning* Linda Suskie, 2018-01-05 Assessing Student Learning is a standard reference for college faculty and administrators and the third edition of this highly regarded book continues to offer comprehensive practical plainspoken guidance The third edition adds a stronger emphasis on making assessment useful greater attention to building a culture in which assessment is used to inform important decisions an enhanced focus on the many settings of assessment especially general education and co-curricula a new emphasis on synthesizing evidence of student learning into an overall picture of an integrated learning experience new chapters on curriculum design and assessing the hard to assess more thorough information on organizing assessment processes new frameworks for rubric design and setting standards and targets and many new resources Faculty administrators new and experienced assessment practitioners and students in graduate courses on higher education assessment will all find this a valuable addition to their bookshelves *The Secrets of College Success* Lynn F. Jacobs, Jeremy S. Hyman, 2019-03-11 Are you among the 22 million students now enrolled in college Or a high school student thinking of joining them shortly Or perhaps a parent of a college bound junior or senior Then this book is just for you Written by college professors and successfully used by tens of thousands of students The Secrets of

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**Bibliographies and Literature of Agriculture** ,1984      Resources in Education ,2000-04      **Discovering Nutrition** Dr. Paul Insel,Kimberley McMahon,Melissa Bernstein,2025-05-13

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*Literature for United States Aquaculture, 1970-1982* John B. Forbes,Charles N. Bebee,1983

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