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

- Definition of diet, metabolism
  - Diet: is your usual pattern of food choices (the food you consume during the day is your diet)
  - 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
  - Carbohydrates
  - o Protein
  - Alcohol
- Practice Calculation: Estimate the number of kcal in a serving of food that contains:
  - 10g of carbohydrates: 10g carbs x 4 kcal/g = 40 kcal of carbs
  - 10g of fat: 10g fat x 9kcal/g = 90 kcal/g = 90 kcal of carbs.
  - 5g of protein: 5g protein x 4kcal/g = 25 kcal of protein
  - Alcohol: 7 kcal per gram
  - Add the three sources together:
    - 40 kcal + 90 kcal + 20 kcal = 150 kcal/serving
  - Which nutrient provides the highest amount of energy in this food product?
    - Fact
- Definition of Essential Nutrients
  - 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)
  - Phytochemicals: made by plants and have some type of biological activity in the body
    - Extradfeline
    - Give plants their characteristic aroma, color, and flavor
    - Can also be harmful.
- Table of Phytochemicals end examples
  - Caffeine, Fruits, Vezetables
- No "Good" of "Bad" Foods
  - "Bad" or "Junk" Foods.
  - Still contain nutrients
  - Most foods contain more than one nutrient
  - Empty-Calorie identification High calories from unhealthy fats, sugar, and/or alcohol; poor source of vitamins and minerals
  - 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
  - Energy Dense Energy value of a food in relation to the food's weight

# **Midterm Study Guide With Answers For Culinary**

Bunting & Lyon, Incorporated, Bunting and Lyon

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