

## 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

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

## Whispering the Strategies of Language: An Mental Quest through **Midterm Study Guide With Answers For Culinary**

In a digitally-driven world where displays reign great and instant conversation drowns out the subtleties of language, the profound techniques and mental subtleties hidden within words frequently go unheard. However, nestled within the pages of **Midterm Study Guide With Answers For Culinary** a interesting literary treasure pulsating with organic thoughts, lies a fantastic quest waiting to be undertaken. Written by a skilled wordsmith, that enchanting opus encourages viewers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the very fabric of every word. Within the psychological depths of the touching review, we will embark upon a heartfelt exploration of the book is key themes, dissect its fascinating publishing type, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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