

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

S Marginson



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Table of Contents Midterm Study Guide With Answers For Culinary

1. Understanding the eBook Midterm Study Guide With Answers For Culinary
 - The Rise of Digital Reading Midterm Study Guide With Answers For Culinary
 - Advantages of eBooks Over Traditional Books
2. Identifying Midterm Study Guide With Answers For Culinary
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Midterm Study Guide With Answers For Culinary
 - User-Friendly Interface
4. Exploring eBook Recommendations from Midterm Study Guide With Answers For Culinary
 - Personalized Recommendations
 - Midterm Study Guide With Answers For Culinary User Reviews and Ratings
 - Midterm Study Guide With Answers For Culinary and Bestseller Lists

5. Accessing Midterm Study Guide With Answers For Culinary Free and Paid eBooks
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 - Midterm Study Guide With Answers For Culinary Compatibility with Devices
 - Midterm Study Guide With Answers For Culinary Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Midterm Study Guide With Answers For Culinary
 - Highlighting and Note-Taking Midterm Study Guide With Answers For Culinary
 - Interactive Elements Midterm Study Guide With Answers For Culinary
8. Staying Engaged with Midterm Study Guide With Answers For Culinary
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Midterm Study Guide With Answers For Culinary
9. Balancing eBooks and Physical Books Midterm Study Guide With Answers For Culinary
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Midterm Study Guide With Answers For Culinary
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Midterm Study Guide With Answers For Culinary
 - Setting Reading Goals Midterm Study Guide With Answers For Culinary
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Midterm Study Guide With Answers For Culinary
 - Fact-Checking eBook Content of Midterm Study Guide With Answers For Culinary
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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