



BA Food and Nutrition

1. Nutrients

Diet	The food that you eat-provides the raw materials your body needs for energy.
Nutrients	Food substances that provide the raw materials- carbohydrates, fats, proteins, vitamins, minerals
Carbohydrates	Starch and sugar
Fats	Liquid fats are oils. Fats and oils are called lipids.
Fibre	Made of plant cell walls- not used by the body. Helps food move through the intestines and stops them getting blocked.
Uses of Water	<ul style="list-style-type: none"> • a lubricant • dissolves substances to be carried around body • fill up cells, holding shape • sweat to cool you down
Food Labels	Show the amounts of different nutrients in food.
Starch Food Test	Add 2 drops of iodine. If it turns blue-black starch is present.
Protein Food Test	Add 5 drops of biuret solution. If it turns purple protein is present.
Fat Food Test	Rub on some white paper and hold up to the light. Fats will leave a greasy mark

2. Uses of Nutrients

Uses of Carbohydrates	The body's main source of energy. bread, potatoes, pasta
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Uses of Fats	Another source of energy that is stored in your body. Some is stored under the skin to insulate the body. Dairy products, fried food
Maintaining Mass	The amount of fuel you use needs to be balanced by the amount you eat.
Kilojoules (kJ)	The units for measuring the energy in food.
Respiration	The process that releases energy from food.
Energy Needs	Depends on age, sex and how active you are.
Uses of Proteins	Make new cells allowing us to grow and repair our bodies. Wheat, fish, cheese, beans, milk
Uses of Vitamins and Minerals	Used in small amounts to maintain health.
Vitamin A	Needed for healthy skin and eyes.
Vitamin C	Helps cells in tissues stick together properly.
Calcium	Needed to make bones.
Iron	Makes red blood cells.

3. Balanced Diets

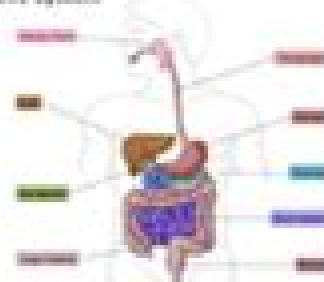
Balanced Diets	Eating a range of foods in the right amounts.
Malnutrition	Having too much / too little of a nutrient in your diet.
Deficiency Disease	Caused by lacking certain nutrients for a long time.
Kwashiorkor	Lack of protein causing a 'pot belly'.
Night Blindness	Lack of vitamin A.
Scurvy	Lack of vitamin C causing painful joints and bleeding gums.

Rickets	Lack of calcium / vitamin D causing bones not to form properly.
Anaemia	Lack of iron causing tiredness and shortness of breath.
Starvation	Lacking nearly all nutrients needed.
Obesity	Caused by eating food containing more energy than you need.
Heart Attack	Fat clogs arteries so little blood reaches the heart.
Reference Intakes	How much of each nutrient should be eaten in a day.

4. Digestion

Digestion	Turning large insoluble molecules into small soluble ones.
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Digestive System



Mouth	Teeth grind food and saliva helps digest food.
Gullet	oesophagus / food pipe Muscles contract pushing the food down.
Stomach	Food churned with acid.
Small Intestine	More digestive juices added- small digested molecules absorbed into body.
Large Intestine	Water is removed from undigested food- faeces formed.
Rectum	Stores faeces

Anus	Forces pushed out body- egestion.
Gut Bacteria	Microorganisms needed to help digest food.
Enzymes	Substances that speed up the breaking down of large molecules- biological catalysts.

5. Absorption

Digesting Starch	
Blood	Digested nutrients dissolve in the blood-plasma and are carried around the body to cells.
Diffusion	Movement of particles from an area of high concentration to low concentration.
Small Intestine Adaptations.	Has lots of tiny finger-shaped villi to increase surface area. Each villus has a folded top that forms microvilli. Villi walls are one cell thick for water diffusion.
Alcohol	Causes fewer digestive enzymes to be released and can damage villi.

Lesson

Memorised?

1. Nutrients
2. Uses of Nutrients
3. Balanced Diets
4. Digestion
5. Absorption

Exploring Science 8ed Answers

Peipei Pang



Exploring Science 8ed Answers:

The Top Books of the Year Exploring Science 8ed Answers The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. Exploring Science 8ed Answers : Colleen Hoover "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Exploring Science 8ed Answers : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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