

Understanding Nutrition Chapter 1

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Understanding Nutrition Chapter 1

Understanding Nutrition- Chapter 1. STUDY. Flashcards. Learn. Write. Spell. Test. PLAY. Match. Gravity. Created by. Christen_N_Simmons. 12 Edition. Terms in this set (76) Nutrition. The science of foods and the nutrients and other substances they contain, and their actions within the body. Diet.

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A substance or molecule containing carbon, carbon bonds, or carbon-hydrogen bonds. Energy-yielding nutrients. The nutrients that break down to yield energy the body can use: carbohydrates, fat and protein. calories. Unit by which energy is measured. kilocalories.

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energy-yielding nutrients. the nutrients that break down to yield energy the body can use: carbohydrate, fat and protein. calories. units by which energy is measured. Food energy is measured in kilo-calories. One kcalorie is the amount of heat necessary to raise the temperature of 1 kilogram of water 1 centigrade.

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NatalieASawyerPLUS. Understanding Nutrition- Chapter 1. Nutrition. Diet. Personal Preference. Habit. The science of foods and the nutrients and other substances th.... The foods and beverages a person eats and drinks. Choosing food due to taste or flavors.

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Understanding Nutrition-chapter 1; Michael R. • 22 cards (EAR) Estimated Average Requirement -average daily amount of a nutrient that will maintain a specific biochemical or physiological function in half the healthy people of a given age and gender group. ...

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chemical substance provided to the body in foods/bevs + used to provide energy, structural support + regulation which supports growth, maintenance, repair. Essential nutrient. nutrient the body can't make at all or in sufficient amounts. 6 classes of nutrients. minerals.

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chapter 1-3 test review. Terms in this set (62) Nutrients. Regulate growth, maintenance, and repair. Essential Nutrients. Must be ingested on a daily basis; Body cant make them. Carbohydrates. Glucose and primary monosaccharides made during metabolism; Glucose.

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