



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

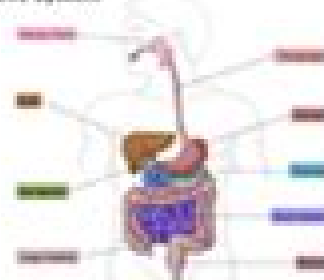
Balanced Diets	Eating a range of foods in the right amounts.
Malnutrition	Having too much / too little of a nutrient in your diet.
Deficiency Disease	Caused by lacking certain nutrients for a long time.
Kwashiorkor	Lack of protein causing a 'pot belly'.
Night Blindness	Lack of vitamin A.
Scurvy	Lack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

Lauren Gardner



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Psychology: The Science of Mind and Behaviour 8th Edition Richard Gross, 2020-07-27 Build a solid foundation for students to develop the skills and knowledge they need to progress with the updated edition of Richard Gross's best selling introduction to Psychology This 8th edition of Psychology The Science of Mind and Behaviour is the essential guide to studying Psychology helping over half a million students during its 30 years of publication Easily access psychological theories and research with user friendly content and useful features including summaries critical discussion and research updates Develop evaluative skills with new evaluation boxes encouraging students to put classic and contemporary studies into context Consolidate understanding by identifying common misconceptions Stay up to date with revised content and the latest psychological research Understand the research process with updated contributions from leading Psychologists including Elizabeth Loftus Alex Haslam and David Canter

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Resources in Education, 2000

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GRE For Dummies Ron Woldoff, Joseph Kraynak, 2015-05-01 The fast and easy way to score higher on the GRE Does the thought of preparing for the GRE give you goose bumps Fear not This new edition of GRE For Dummies with Online Practice gives you a competitive edge by fully preparing you for the GRE exam with subject reviews and tons of practice opportunities Written in the accessible and friendly style that has defined the For Dummies brand for more than twenty years this hands on guide helps you assess where you need more study help gets you up to speed on the questions you can expect to encounter on the actual

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The Analysis of Virtue in Alasdair MacIntyre and His View of "The Enlightenment Project" Benjamin Okon MSP,2016-04-15 MacIntyre is greatly discontented with the nature of contemporary morality which according to him has a form i e what appears like morality but lacks essential content He argues that the most common feature of contemporary ethical discourse is that much of it is used to express individual preferences which leads to disagreements among philosophers and eventually results in debates that are interminable in character MacIntyre attributes the cause of this situation to the activities of the enlightenment philosophers of the 17th and 18th centuries who in an attempt to find rational justification for morality repudiated those essential elements that define the essence of morality and give it its contents Such elements include historical narrative tradition teleology and divine law In MacIntyres opinion morality so constructed was destined for failure since it was not founded on the true nature of the human person The obvious consequences of this failure were the birth of diverse post enlightenment ethical theories and a substantial change in the conception of virtue In order to remedy this deplorable condition of contemporary ethics MacIntyre along with other virtue ethicists advocates a certain renaissance of ethical principles that are founded on the true nature of the human person characterized by historical narrative tradition and teleology all grounded on divine legislation Morality thus reconstructed finds its fullest expression in the theory of human character traits i e virtues This is what has motivated MacIntyres construction of virtue theory which has brought him into confrontation with the enlightenment philosophers Our study and analysis of MacIntyres theory of virtue reveals that his account of virtue is inadequate This inadequacy is what has motivated our own project of reconstructing MacIntyres theory of virtue in view of offering an account of virtue that is adequate In this way our own project complements that of MacIntyre

A Panorama of Statistics Eric Sowe,Peter Petocz,2017-01-03 This book is a stimulating panoramic tour quite different from a textbook journey of the world of statistics in both its theory and practice for teachers students and practitioners At each stop on the tour the authors investigate unusual and quirky aspects of statistics highlighting historical biographical and philosophical dimensions of this field of knowledge Each chapter opens with perspectives on its theme often from several points of view Five original and thought

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Culturally Speaking Second Edition Helen Spencer-Oatey,2008-04-24 This comprehensive introduction to intercultural pragmatics examines the theoretical methodological and practical issues in the analysis of talk across cultures The book includes introduction to the key issues in culture and communication examination of cross cultural and intercultural communication empirical case studies from a variety of languages including German Greek Japanese and Chinese practical chapters on pragmatics research recording and analysing data and projects in intercultural pragmatics exercises at the end of each chapter glossary of terms This second edition of Culturally Speaking will be an essential guide for undergraduate and postgraduate students interested in communication across cultures

Proceedings of the 4th International Conference on Progressive Education 2022 (ICOPE 2022) Ryzal Perdana,Sunyono,Gede Eka Putrawan,Trio Yuda Septiawan,Bayu Saputra,2023-05-27 This is an open access book Fostering Synergy and Innovation in Digital Learning Environments The 4th ICOPE 2022 is an international conference in education with the theme of fostering synergy and innovation in digital learning environments It is organized by the faculty of teacher training and education at the University of Lampung Indonesia Bandar Lampung the capital city of Lampung Province will be the host of this event It will be taken place on the 15th 16th of October 2022 This conference involves

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Corporate Foresight and Strategic Decisions S. Marinova, R. Ul-Haq, Claudio Gomez Portaleoni, Marin Marinov, 2013-11-29 This study investigates the relationships between corporate foresight and management decision making processes in organizations It provides an extensive analysis of extant theories of corporate foresight and strategic management brings in new insights and presents an in depth case study exploration of corporate foresight of a European bank

Key Topics in Social Sciences Mark Walsh, 2018-04-27 Key Topics in Social Sciences is a collection of short articles summarising the most important concepts in sociology and psychology that nursing and healthcare students will need to understand Each entry is intended to give a brief introduction to the topic as a prompt for writing essays and assignments Arranged in alphabetical order so you can find entries quickly and easily Short entries take you straight to the heart of each topic A great starting point for essays and assignments Ideal for revision before assessments and exams Cross references and further reading suggestions provided so you can study in more depth as needed From reviews It s a really easy to use book the layout is very user friendly and I like the references for further reading at the end of each section I would really recommend this book to all student nurses as it can help support most assignments Third

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Experts,2020-01-04 *Subject Guide to Books in Print* ,1971 **Publishers' Circular** ,1837 **The role of evidence in**

developing effective educational inclusion Joseph Mintz,Brahm Norwich,2023-12-13 There has been considerable interest internationally in how research can be effectively translated to have an impact on practice in schools The application of evidence informed approaches in the field of education is contested and debated Such debates are intensified in relation to the issue of how best to include children with diverse learning needs in the classroom The role of knowledge science and evidence in how we both conceptualize and best support children with special educational needs and other forms of diversity in the classroom remains an open question in terms of booth policy and practice Although there is a considerable and growing body of literature on evidence informed practice in education in general there has been less attention paid to its implications for the domain of educational inclusion specifically However tensions between differing conceptualisations of difference and the role of categorisation present questions as yet not fully answered as to the ways in which evidence can and should articulate with practice in this specific domain For example issues of what is inclusion the place of norms and values that define inclusion how we conceptualize and think about difference across culture language and cognition are raised when we think about the application of evidence to practice in the area of educational inclusion Christian Home
Educators' Curriculum Manual Cathy Duffy,1997-11

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