

## TOPIC: WHAT IS NUTRITION

### Introduction to Nutrition

◆ Nutrition is a \_\_\_\_\_ that studies how the food we eat affects our health.

- Nutrition is a \_\_\_\_\_ science; still evolving.
- Nutrition is a \_\_\_\_\_ science.
  - \_\_\_\_\_ is a complex mix of \_\_\_\_\_ compounds.
  - \_\_\_\_\_ is a complex biological system.
  - We \_\_\_\_\_ food for many complex reasons.

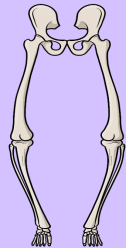


▪ Nutrition plays a role in:

#### \_\_\_\_\_ deficiencies, excesses, or imbalances

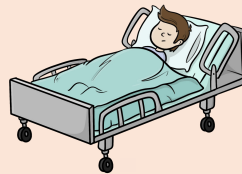
◆ Health problems

- ◆ Acute
- ◆ Chronic



#### Obesity, major diseases, and causes of \_\_\_\_\_

- ◆ Heart disease
- ◆ Cancer
- ◆ Stroke
- ◆ Diabetes



#### General well-being and \_\_\_\_\_

- ◆ Energy levels
- ◆ Mood
- ◆ Strength



## PRACTICE

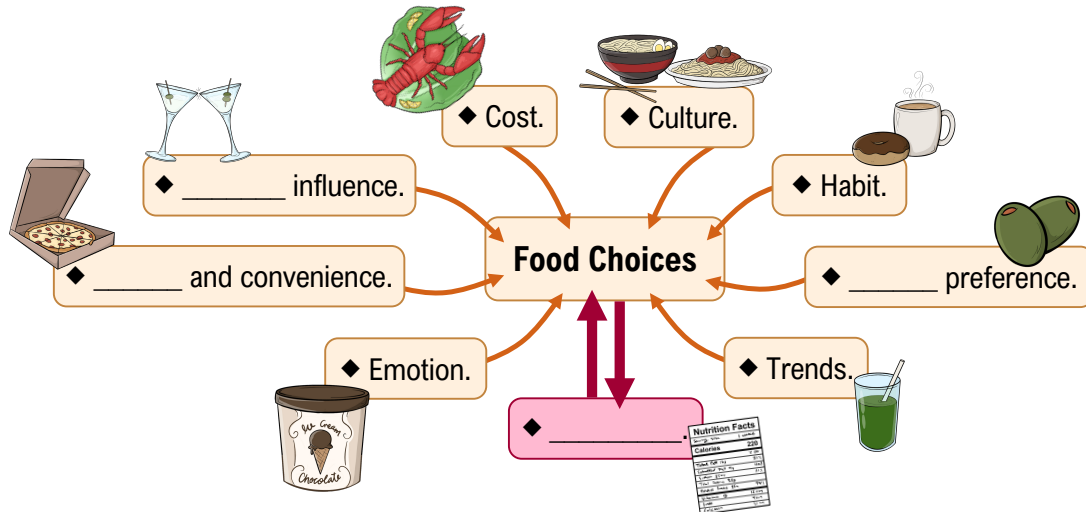
Which statement about the science of Nutrition is correct?

- a) Nutrition is generally considered to be one of the most ancient sciences.
- b) Modern nutrition is primarily concerned with eliminating specific dietary deficiencies that lead to disease.
- c) The study of nutrition includes the study of both why we eat what we do and how that food affects our health.
- d) Nutrition advice has been largely agreed upon and unchanging for the past 30 years.

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### Choosing What We Eat

- ◆ A nutritious diet \_\_\_\_\_ our health.
- ◆ We \_\_\_\_\_ our diets for many reasons.



- ◆ *Goal:* meet nutritional needs in light of all other factors.

### PRACTICE

Most people know that ultra-processed fast food is associated with health risks. Why might some people choose to eat it anyway?

- I) Convenience
- II) Emotion
- III) Taste Preference

- a) I & II.
- b) II & III.
- c) I & III.
- d) I, II, & III.