

CONCEPT: INTRODUCTION TO NUTRITION

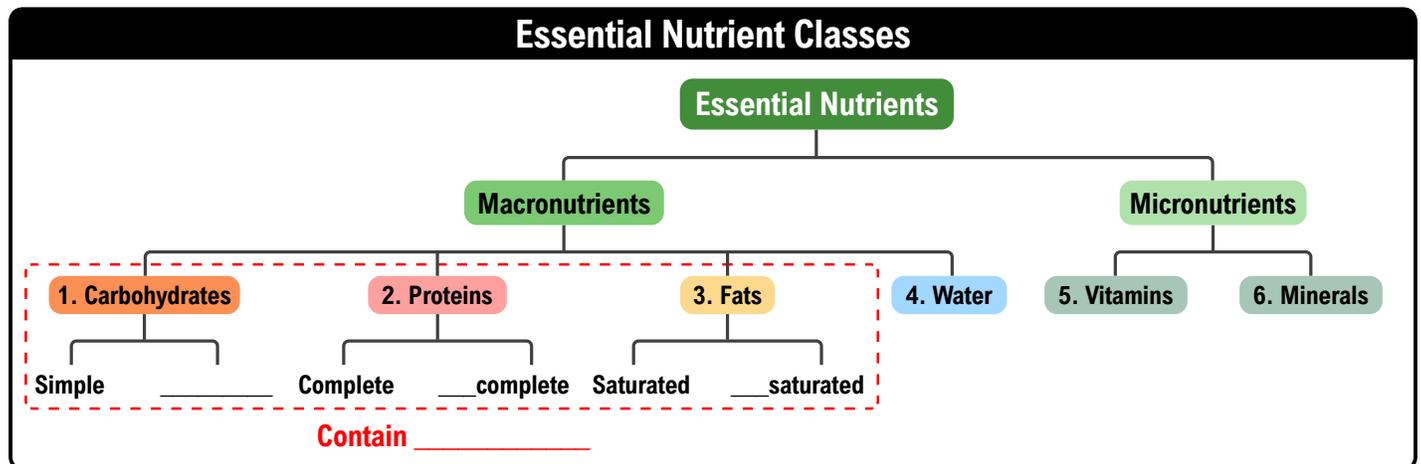
- ◆ **Nutrition:** the science of how _____ sustain biological functions and overall health.
 - **Essential Nutrients:** substances found in food, necessary for _____, growth and maintenance.
- ◆ Most of the essential nutrients we consume provide _____.

Calorie
Unit of measurement of energy from food.



6 Classes of Essential Nutrients

- ◆ Divided into 2 main categories.
 - **Macronutrients:** needed in _____ amounts.
 - **Micronutrients:** needed in _____ amounts.



EXAMPLE

Which of the following is true about nutrition?

- a) Carbohydrates, fats and proteins provide our bodies with energy.
- b) Human bodies synthesize all the essential macronutrients, and we only need to obtain some from food.
- c) Calories are one of the main nutrient classes.
- d) Water is a micronutrient because it does not provide any energy.