

Chapter 1 study guide HSC 203

This is just a guide to help you review the concepts that we have covered in class. You should also know any bolded words from the chapters and explain the concepts below in detail.

What factors influence food choices?

- Nutrition knowledge
- Trends
- Taste
- Nutrients
- Cost
- Culture
- Social reasons
- Advertising
- Convenience
- Time
- Emotions
- Habits

What is nutrition?

- The science that studies how nutrients and compounds in foods nourish you, help you function, and affect body functions and health
- Chronic deficiencies, excesses, and imbalances of nutrients can affect long-term health
- Good nutrition plays a role in reducing the risk of many chronic diseases and conditions, including heart disease, cancer, diabetes, and stroke

Nutrients, macronutrients, micronutrients – types, examples, functions

Nutrients:

- Six classes of nutrients are all essential in the diet to maintain bodily function
 1. Water:
 - a. Copious amounts needed daily for hydration
 - b. Outlier-has no calories
 - c. Vital for many processes in your body
 - i. Fluid inside and outside of cells
 - ii. Helps chemical reactions, such as those involved in energy production
 - iii. Maintain body temperature
 - iv. Transporting nutrients and oxygen to cells and removing waste products
 - v. Lubricant for joints, eyes, mouth, and intestinal tract
 - vi. Protective cushion for organs
 2. Carbohydrates:
 - a. Provide energy
 - b. 4 kcal/gram
 - c. Are organic compounds (contain carbon atoms)
 - d. Contain hydrogen and oxygen atoms

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