

# Chapter 11 Culinary Nutrition

## Section 11.1 Nutrition Basics



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> <li>• nutrient: a chemical compound that helps the body carry out its functions</li> <li>• additive: a substance added to a food to improve it in some way</li> </ul>	<p><b>THE NUTRIENTS</b></p> <ul style="list-style-type: none"> <li>• In order to have healthful choices on a menu it is important to understand a food's nutrient content</li> </ul> <p><b>FOOD ADDITIVES</b></p> <ul style="list-style-type: none"> <li>• Food additives help food maintain their consistency, keep them from spoiling, provide rising ability for baked goods, and improve the flavor or color</li> </ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Nutrients are the chemical compounds that help the body carry out its functions.</p>	

# Chapter 11 Culinary Nutrition

## Section 11.2 Meal Planning Guidelines



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"><li data-bbox="188 730 573 926">• Recommended Dietary Allowances (RDAs): show the amount of each essential nutrient that will meet the nutritional needs of healthy Americans for a day</li>          <li data-bbox="188 1528 545 1627">• nutrient-dense food: food that is low in calories, but rich in nutrients</li></ul>	<p data-bbox="609 693 998 724"><b>GOVERNMENT GUIDELINES</b></p> <ul style="list-style-type: none"><li data-bbox="609 730 1291 793">• The U.S. government provides dietary guidelines and recommendations to help make healthful food choices</li></ul>          <p data-bbox="609 1203 927 1234"><b>MEET DIETARY NEEDS</b></p> <ul style="list-style-type: none"><li data-bbox="609 1241 1430 1339">• The Dietary Guidelines for Americans are a tool for foodservice professionals who want to plan balanced, nutrient-dense meals for healthy adults</li></ul>
<p data-bbox="732 1743 894 1780" style="text-align: center;"><b>Summary</b></p> <p data-bbox="188 1801 1373 1864">Government guidelines and dietary recommendations can help foodservice professionals create well-balanced meals.</p>	

# Chapter 11 Culinary Nutrition

## Section 11.3 Keep Food Nutritious



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> <li>• food’s nutrients can be lost through improper preparation, cooking, and storage</li>   <li>• as a nutrient, fat helps the body perform many functions</li> </ul>	<p><b>NUTRIENT LOSS PREVENTION</b></p> <ul style="list-style-type: none"> <li>• Knowing what nutrients foods contain is important to a foodservice professional, but knowing how to prevent nutrient loss when preparing food is also essential</li> </ul> <p><b>FATS AND OILS</b></p> <ul style="list-style-type: none"> <li>• Fat plays an important role both as a nutrient and as a food</li> </ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Knowing what nutrients are contained in food is just one part of nutritional knowledge a food professional should have.</p>	