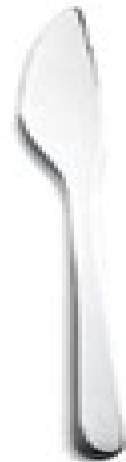
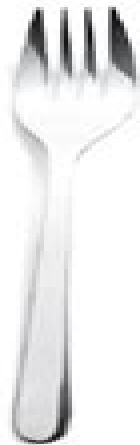


Food and humans

6



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We should eat a wide variety of foods to obtain all the nutrients essential to good health.

Links to prior knowledge

This chapter reveals the molecules of life (Chapter 2). You will consider dietary aspects of carbohydrates (section 2.4), lipids (2.5), proteins (2.6), vitamins, minerals (2.3), dietary fibre and water (2.2), and how they contribute to a healthy, balanced diet.

Chapter preview

- 6.1 Humans as heterotrophs
- 6.2 Food requirements of humans
- 6.3 Food tests
- 6.4 Balanced diet

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