



## Course of Lessons in Domestic Science (Classic Reprint)

By Unknown Author

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Course of Lessons in Domestic Science Food is that which, when taken into the body, builds and repairs the tissues and furnishes heat and energy to the body. The chemical substances of which the body is composed are very similar to the composition of the foods which nourish it. From fifteen to twenty elements are found in food and in the body, the most important of which are carbon, hydrogen, oxygen, nitrogen, calcium, phosphorus, and sulphur. Food is classified according to its chemical composition into the following groups: Proteins, carbohydrates, fats and oils, and mineral matter. Food principle is the term applied to these classes into which foodstuffs are divided. Proteins Protein is that food principle that contains carbon, hydrogen, oxygen, and nitrogen. It is derived from animal and vegetable sources, builds tissue and repairs waste, and yields a certain amount of heat and energy. Found in meat, fish, eggs, milk, peas, beans, and grains. Carbohydrates Carbohydrate is that food principle that contains carbon, hydrogen, and oxygen. It is derived from vegetable sources and yields...



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