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Contents. Chapter 1:
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- Nutrition is a science that encompasses all the interactions that occur between living organisms and food. Canadians today are

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eating more fast food, processed foods, and prepared foods and spending less time preparing meals and eating at home than 50 years ago. This is affecting the healthfulness of the diet.

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essential nutrients, their
functions in the body,

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they are higher in fat,
sugar, or salt d) All of
the above answer
choices are correct.

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BASICS AND

APPLICATIONS Daily

Reference Values

(DRVs): a set of values

that covers nutrients,

such as fat and fiber,

that do not appear in the

RDA tables. Expressed

as % Daily Value

(%DV). Diet: (a) the

foods that a person eats

most frequently; (b)

food considered in terms

of its qualities and

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