

Food and meals



Talgat Aigerim
C-13-2p

What is Food?

Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals.



Food sources: Plants

Many plants or plant parts are eaten as food. There are around 2000 plant species which are cultivated for food, and many have several distinct cultivars.

Seeds of plants are a good source of food for animals, including humans.

Fruits are the ripened ovaries of plants, including the seeds within.

Vegetables are a second type of plant matter that is commonly eaten as food.



Food sources: animals

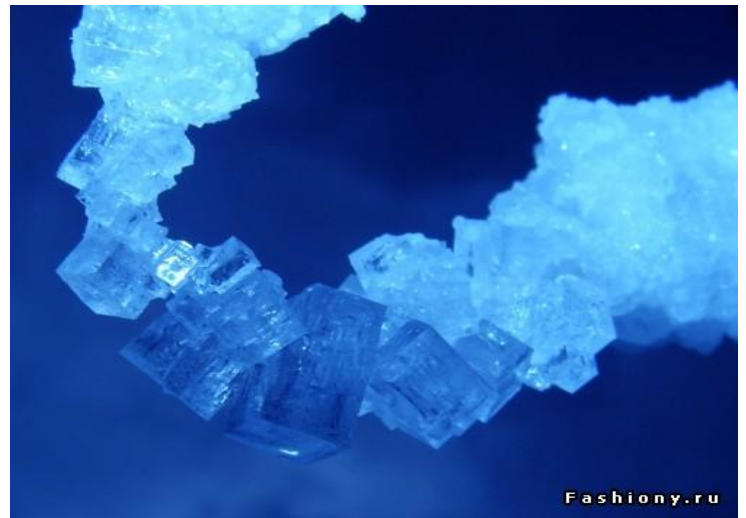
Animals are used as food either directly or indirectly by the products they produce. Meat is an example of a direct product taken from an animal, which comes from muscle systems or from organs. Food products produced by mammary glands. In addition, birds and other animals lay eggs, which are often eaten, and bees produce honey, a reduced nectar from flowers, which is a popular sweetener in many cultures.



Taste perception

Sweet: generally regarded as the most pleasant taste, sweetness is almost always caused by a type of simple sugar such as glucose or fructose, or disaccharides such as sucrose, a molecule combining glucose and fructose.

Salty: saltine is the taste of alkali metal ions such as sodium and potassium.



Taste perception

Sour: sourness is caused by the taste of acids, such as vinegar in alcoholic beverages.

Bitter: bitterness is a sensation often considered unpleasant characterized by having a sharp, pungent taste.

Umami: the Japanese word for delicious, is the least known in Western popular culture but has a long tradition in Asian cuisine.

Cooking

The term “cooking” encompasses a vast range of methods, tools, and combinations of ingredients to improve the flavor or digestibility of food. Cooking technique, known as culinary art, generally requires the selection, measurement, and combining of ingredients in an ordered procedure in an effort to achieve the desired result.



Raw food preparation

Certain cultures highlight animal and vegetable foods in their raw state. Salads consisting of raw vegetables or fruits are common in many cuisines. Sashimi is Japanese cuisine consists of raw sliced fish or other meat, and sushi often incorporates raw fish or seafood.



THE END!

