

# Read like a...

# FOOD SCIENTIST



Look for key nutritional vocabulary.

Do you know what all the key terms and concepts mean? How can you improve your understanding?



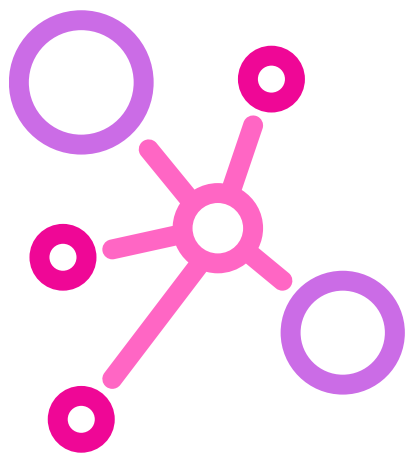
Look for key information about nutrition.

What is the food source? What is the nutrient category? What is the function of the nutrient in the body? What is the function of the nutrient in cooking?



Interpret data, graphs and charts carefully.

What is the data showing? What can you infer from the data? Is it what you expected based on your nutritional knowledge?

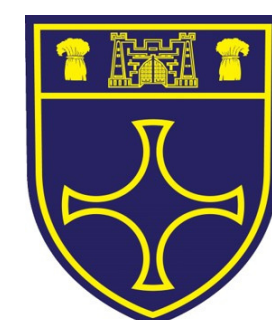


Look for links with things you already know.

What other elements are required for the function of the ingredient to be successful in cooking?

*'Our food should be our medicine and our medicine should be our food.'*

*- Hippocrates*



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*Together to learn, to grow, to serve*