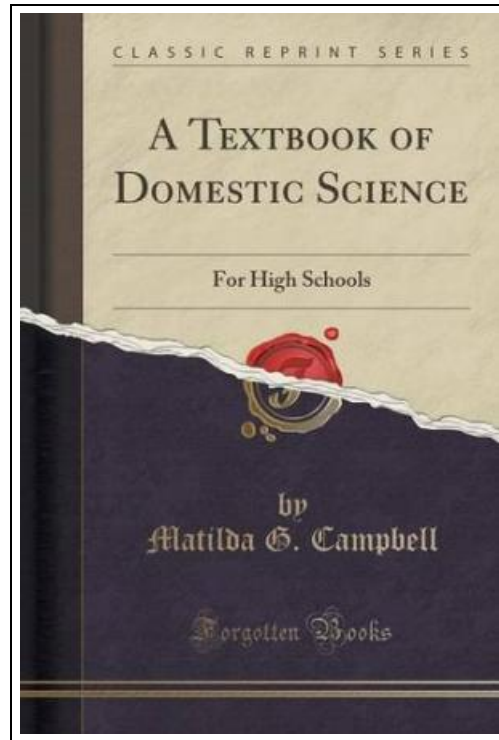


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Forgotten Books, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from **A Textbook of Domestic Science: For High Schools** Foods are substances which, when taken into the body, provide it with heat and other forms of energy, and furnish it with material for growth and repair. In the case of a grown person, foods supply the fuel necessary for various bodily activities - for walking, for mounting stairs, for lifting weights; and they keep the bodily machinery in repair. In the case of a growing person, they also supply materials for building up the bodily machinery. In order to understand how food can serve the body in the ways mentioned, it is necessary to know something about the composition of the body and also about the composition of food. Both, however, are exceedingly complex, and even those who are devoting their lives to the study of foods in their relation to the body have still much to discover upon the subject. The science of nutrition is a growing science, about which we hope in time to know much more than we do at present. As we study the substances found in nature we find that they are composed of elements which combine to form many compounds. An element may be defined as a substance which has never been divided into anything simpler than itself. A compound is a substance which is composed of two or more elements. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an...



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