



A Textbook of Domestic Science: For High Schools (Classic Reprint) (Paperback)

By Matilda G Campbell

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...



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