

# Nutrition

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Nutrition is the biochemical and physiological process by which an organism uses food and water to support its life. The intake of these substances provides organisms with nutrients (divided into macro- and micro-) which can be metabolized to create energy and chemical structures; too much or too little of an essential nutrient can cause malnutrition. Nutritional science, the study of nutrition as a hard science, typically emphasizes human nutrition. The type of organism determines what nutrients it needs and how it obtains them. Organisms obtain nutrients by consuming organic matter, consuming inorganic matter, absorbing light, or some combination of these. Some can produce nutrients internally by consuming basic elements, while some must consume other organisms to obtain pre-existing nutrients. All forms of life require carbon, energy, and water as well as various other molecules. Animals require complex nutrients such as carbohydrates, lipids, and proteins, obtaining them by consuming other organisms. Humans have developed agriculture and cooking to replace foraging and advance human nutrition. Plants acquire nutrients through the soil and the atmosphere. Fungi absorb nutrients around them by breaking them down and absorbing them through the mycelium.