

## **MODULE 1**

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**1.0 INTRODUCTION:** The necessity to have knowledge about food and beverages is very essential in the food industry. Adequate knowledge in food and beverage will help to have ideas on the nutritional benefits. Food, like oxygen, is a necessity of life. The human body requires food as a source of energy, growth and replacement of tissues. Food also supplies substances which help to regulate the reactions involved in these processes. There are many types of foods among which are the junk foods, comfort foods and fast foods. The beverage on the other hand is any liquid suitable for drinking and has terminologies such as milk, chocolate, soft drinks, tea, alcohol to mention a few

**2.0 OBJECTIVES:** It is expected that at the end of this unit you should be able to:

- i. Describe food in its entirety and its forms consumed by humans
- ii. Describe beverage and its various types

#### **3.0. MAIN CONTENT**

### 3.1 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. The substance is ingested by an organism and assimilated by the organism's cells in an effort to produce energy, maintain life, or stimulate growth.

Almost all foods are of plant or animal origin. Cereal grain is a staple food that provides more food energy worldwide than any other type of crop. Maize, wheat, and rice - in all of their varieties - account for 87% of all grain production worldwide.

Other foods not from animal or plant sources include various edible fungi, especially mushrooms. Fungi and ambient bacteria are used in the preparation of fermented and pickled foods like leavened bread, alcoholic drinks, cheese, pickles, kombucha, and yogurt. Another example is blue-green algae such as *Spirulina*. Inorganic substances such as baking soda and cream of tartar are also used to chemically alter an ingredient.

Many plants or plant parts are eaten as food. There are around 2,000 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, because they contain the nutrients necessary for the plant's initial growth, including many healthful fats, such as Omega fats. In fact, the majority of food consumed by human beings are seed-based foods. Edible seeds include cereals (maize, wheat, rice, et cetera), legumes (beans, peas, lentils, et cetera), and nuts. Oilseeds are often pressed to produce rich oils - sunflower, flaxseed, rapeseed (including canola oil), sesame, et cetera.

Seeds are typically high in unsaturated fats and, in moderation, are considered a health food, although not all seeds are edible. Large seeds, such as those from a lemon, pose a choking hazard, while seeds from apples and cherries contain a poison (cyanide).

Fruits are the ripened ovaries of plants, including the seeds within. Many plants have evolved fruits that are attractive as a food source to animals, so that animals will eat the fruits and excrete the seeds some distance away. Fruits, therefore, make up a significant part of the diets of most cultures. Some botanical fruits, such as tomatoes, pumpkins, and eggplants, are eaten as vegetables. (For more information, see list of fruits.)

Vegetables are a second type of plant matter that is commonly eaten as food. These include root vegetables (potatoes and carrots), leaf vegetables (spinach and lettuce), stem vegetables (bamboo shoots and asparagus), and inflorescence vegetables (globe artichokes and 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 animals include milk

produced by mammary glands, which in many cultures is drunk or processed into dairy products (cheese, butter, et cetera). 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. Some cultures consume blood, sometimes in the form of blood sausage, as a thickener for sauces, or in a cured, salted form for times of food scarcity, and others use blood in stews such as civet<sup>16</sup>

Some cultures and people do not consume meat or animal food products for cultural, dietary, health, ethical, or ideological reasons. Vegetarians do not consume meat. Vegans do not consume any foods that are or contain ingredients from an animal source.

Traditionally, food was obtained through agriculture. With increasing concern in agribusiness over multinational corporations owning the world food supply through patents on genetically modified food, there has been a growing trend toward sustainable agricultural practices. This approach, partly fueled by consumer demand, encourages biodiversity, local self-reliance and organic farming methods. Major influences on food production include international organizations (e.g. the World Trade Organization and Common Agricultural Policy), national government policy (or law), and war.

In popular culture, the mass production of food, specifically meats such as chicken and beef, has come under fire from various documentaries, most recently Food, Inc., documenting the mass slaughter and poor treatment of animals, often for easier revenues from large corporations. Along with a current trend towards environmentalism, people in Western culture have had an increasing trend towards the use of herbal supplements, foods for a specific group of person (such as dieters, women, or athletes), functional foods (fortified foods, such as omega-3 eggs), and a more ethnically diverse diet.

Several organisations have begun calling for a new kind of agriculture in which agro-ecosystems provide food but also support vital ecosystem services so that soil fertility and biodiversity are maintained rather than compromised. According to the International Water Management Institute and UNEP, wellmanaged agroecosystems not only provide food, fibre and animal products, they also provide services such as flood mitigation, groundwater recharge, erosion control and habitats for plants, birds fish and other animals.

### 3.2 Terms Used To Describe Food

**3.2.1 Junk food:** This is an informal term applied to some foods that are perceived to have little or no nutritional value (i.e. containing "empty calories"); to products with nutritional value, but which also have ingredients considered unhealthy when regularly

eaten; or to those considered unhealthy to consume at all. The term was coined by Michael Jacobson, Director of Center for Science in the Public Interest, in 1972.

Junk foods are typically ready-to-eat convenience foods containing high levels of saturated fats, salt, or sugar, and little or no fruit, vegetables, or dietary fiber; and are considered to have little or no health benefits. Common junk foods include salted snack foods like chips (crisps), candy, gum, most sweet desserts, fried fast food and carbonated beverages (sodas)[2] as well as alcoholic beverages. High-sugar cereals, particularly those targeted at children, such as Froot Loops, are also classified as junk food.

#### **3.2.1.1 Health effects of junk foods**

A study by Paul Johnson and Paul Kenny at the Scripps Research Institute (2008) suggested that junk food consumption alters brain activity in a manner similar to addictive drugs like cocaine or heroin. After many weeks with unlimited access to junk food, the pleasure centers of rat brains became desensitized, requiring more food for pleasure. After the junk food was taken away and replaced with a healthy diet, the rats starved for two weeks instead of eating nutritious fare.[6] A 2007 British Journal of Nutrition study found that mothers who eat junk food during pregnancy increased the likelihood of unhealthy eating habits in their children.

A report published in the Journal of the Federation of America suggests that babies of mothers with a high-sugar and high-fat diet while pregnant are more prone to junk food themselves. The study was conducted on rats and suggests that "infants whose mothers eat excessive amounts of high-fat, high-sugar junk foods when pregnant or breastfeeding are likely to have a greater preference for these foods later in life."

A 2008 report suggests that mothers who eat junk food while pregnant or breast-feeding have children who are more prone to obesity. The children are also more prone to diabetes, raised cholesterol, and high blood fat.

#### **3.2.2 Fast food**

This is the term given to food that can be prepared and served very quickly. While any meal with low preparation time can be considered to be fast food, typically the term refers to food sold in a restaurant or store with preheated or precooked ingredients, and served to the customer in a packaged form for takeout/take-away. The term "fast food" was recognized in a dictionary by Merriam–Webster in 1951.

Outlets may be stands or kiosks, which may provide no shelter or seating, or fast food restaurants(also known as quick service restaurants). Franchise operations which are part

of restaurant chains have standardized foodstuffs shipped to each restaurant from central locations.

Modern commercial fast food is often highly processed and prepared in an industrial fashion, i.e. on a large scale with standard ingredients and standardized cooking and production methods. It is usually rapidly served in cartons or bags or in a plastic wrapping, in a fashion which minimizes cost. In most fast food operations, menu items are generally made from processed ingredients prepared at a central supply facility and then shipped to individual outlets where they are reheated, cooked (usually by microwave or deep frying) or assembled in a short amount of time. This process ensures a consistent level of product quality, and is key to being able to deliver the order quickly to the customer and eliminate labour and equipment costs in the individual stores.

Because of commercial emphasis on speed, uniformity and low cost, fast food products are often made with ingredients formulated to achieve a certain flavour or consistency and to preserve freshness.

### **3.2.3 Comfort foods**

Comfort foods may be consumed to positively pique emotions, to relieve negative psychological effects or to increase positive feelings. The term was first used, according to Webster's Dictionary, in 1977.

One study divided college-students' comfort-food identifications into four categories (nostalgic foods, indulgence foods, convenience foods, and physical comfort foods) with a special emphasis on the deliberate selection of particular foods to modify mood or affect, and indications that the medical-therapeutic use of particular foods may ultimately be a matter of mood-alteration.

The identification of particular items as comfort food may be idiosyncratic, though patterns are detectable. In one study of American preferences, "males preferred warm, hearty, meal-related comfort foods (such as steak, casseroles, and soup), while females instead preferred comfort

foods that were more snack related (such as chocolate and ice cream). In addition, younger people preferred more snack-related comfort foods compared to those over 55 years of age." The study also revealed strong connections between consumption of comfort foods and feelings of guilt. Comfort food consumption has been seen as a response to emotional stress, and consequently, as a key contributor to the epidemic of obesity in the United States. The provocation of specific hormonal responses leading selectively to increases in abdominal fat is seen as a form of self medication.

Further studies suggest that consumption of comfort food is triggered in men by positive emotions, and by negative ones in women. The stress effect is particularly pronounced among college-aged women, with only 33% reporting healthy eating choices during times of emotional stress. For women specifically, these psychological patterns may be maladaptive.

A therapeutic use of these findings includes offering comfort foods or "happy hour" beverages to anorectic geriatric patients whose health and quality of life otherwise decreases with reduced oral intake.

### **Self Assessment Exercise**

1. Differentiate between junk food, comfort food and fast food

#### **3.2. 4 Other Descriptions of Food:**

- i. leftovers - food remaining from a previous meal; "he had leftovers for dinner last night"
- ii. fresh food, fresh foods - food that is not preserved by canning or dehydration or freezing or smoking
- iii. convenience food - any packaged dish or food that can be prepared quickly and easily as by thawing or heating
- iv. chocolate - a food made from roasted ground cacao beans
- v. baked goods - foods (like breads and cakes and pastries) that are cooked in an oven
- vi. loaf - a quantity of food (other than bread) formed in a particular shape; "meat loaf"; "sugar loaf"; "a loaf of cheese"
- vii. meat - the flesh of animals (including fishes and birds and snails) used as food
- viii. alimentary paste, pasta - shaped and dried dough made from flour and water and sometimes egg
- ix. health food - any natural or prepared food popularly believed to promote good health
- x. breakfast food - any food (especially cereal) usually served for breakfast garden truck, green goods, green groceries, produce - fresh fruits and vegetable grown for the market
- xi. coconut, coconut meat - the edible white meat of a coconut; often shredded for use in e.g. cakes and curries
- xii. dika bread - somewhat astringent paste prepared by grinding and heating seeds of the African wild mango; a staple food of some African peoples
- xiii. fish - the flesh of fish used as food; "in Japan most fish is eaten raw"; "after the scare about foot-and-mouth disease a lot of people started eating fish instead of meat"; "they have a chef who specializes in fish"

- xiv. seafood - edible fish (broadly including freshwater fish) or shellfish etc xv. butter - an edible emulsion of fat globules made by churning milk or cream; for cooking and table use
- xvi. yoghurt, yoghurt, yogurt - a custard-like food made from curdled milk xvii. cheese - a solid food prepared from the pressed curd of milk xviii. slop - (usually plural) weak or watery unappetizing food or drink; "he lived on the thin slops that food kitchens provided"
- xix. solid - matter that is solid at room temperature and pressure.

### 3.3 BEVERAGE

This is any liquid suitable for drinking Terminologies used to describe beverage: milk (a white nutritious liquid secreted by mammals and used as food by human beings)

cider; cyder (a beverage made from juice pressed from apples) chocolate; cocoa; drinking chocolate; hot chocolate (a beverage made from cocoa powder and milk and sugar; usually drunk hot)

fruit crush; fruit juice (drink produced by squeezing or crushing fruit) fruit drink (a sweetened beverage of diluted fruit juice)

mate (South American tea-like drink made from leaves of a South American holly called mate) soft drink (nonalcoholic beverage (usually carbonated)) coffee; java (a beverage consisting of an infusion of ground coffee beans) tea (a beverage made by steeping tea leaves in water)

tea-like drink (a beverage that resembles tea but is not made from tea leaves)

fizz (an effervescent beverage (usually alcoholic))

smoothie (a thick smooth drink consisting of fresh fruit pureed with ice cream or yoghurt or milk)

refresher (a drink that refreshes)

wish-wash (any thin watery drink)

portion (a medicinal or magical or poisonous beverage)

alcohol; alcoholic beverage; inebriant; intoxicant (a liquor or brew containing alcohol as the active agent)

hydromel (honey diluted in water; becomes mead when fermented) oenome (wine mixed with honey)

near beer (drink that resembles beer but with less than 1/2 percent alcohol)

ginger beer (carbonated slightly alcoholic drink flavoured with fermented ginger)

mixer (club soda or fruit juice used to mix with alcohol) cooler (an iced drink especially white wine and fruit juice) drinking water (water suitable for drinking or portable water)

4.0 **CONCLUSION:** This unit carefully expatiated on the basic definitions of food and beverage.

Also, health effects of consuming some sorts of foods are explained. Forms of food and beverages are also mentioned.

**5.0. SUMMARY:** The basic definition of 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. The substance is ingested by an organism and assimilated by the organism's cells in an effort to produce energy, maintain life, or stimulate growth. Some consumer it as fast food, junk food and common food with implications on the health of the consumers. Beverage is also described as any liquid suitable for drinking and also can exist in diverse forms for consumption

## **6.0 TUTOR – MARKED ASSIGNMENT**

i. Discuss in details what you understand by the term beverage and its forms of consumption by humans.

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