

## Student Course Guide Nutrition Pathways For Whitney Rolfes Understanding Nutrition 11th

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Vitamin wikipedia Nutrition is the science that interprets the interaction of nutrients and other elements in meals in the case of maintenance, growth, replica, health and illness of an organism. It contains food consumption, absorption, assimilation, biosynthesis, catabolism, and excretion. The vitamin of an organism is what it eats, which is largely determined via the availability and palatability of foods.

Diet wikipedia Vitamin is the science that interprets the interplay of vitamins and other components in food relating to maintenance, growth, replica, well being and illness of an organism. It includes meals intake, absorption, assimilation, biosynthesis, catabolism, and excretion. The diet of an organism is what it eats, which is largely decided through the provision and palatability of foods.