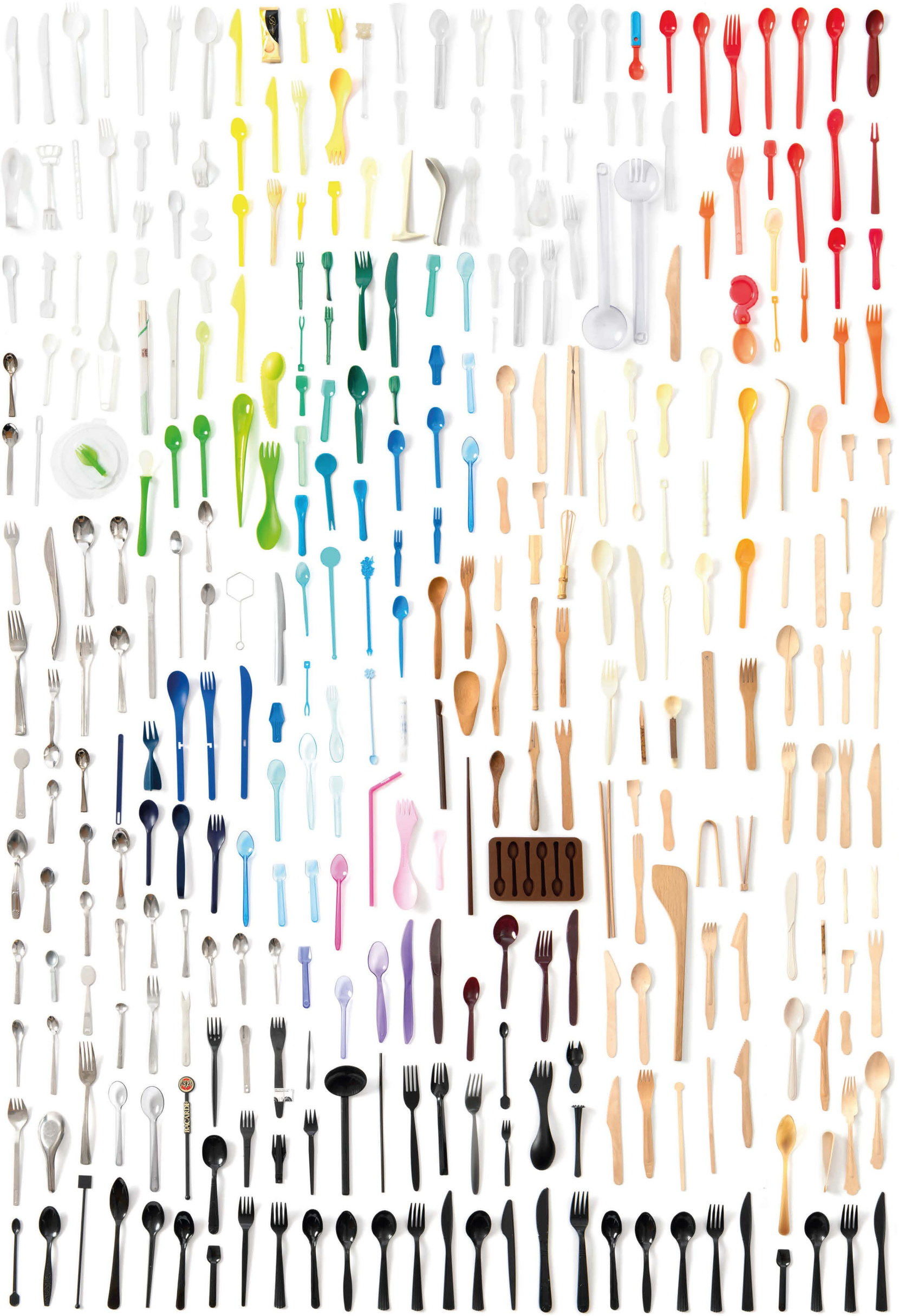
BACARDI

# Spoon complexity map

history of food — 17.000 BC — 10.000 BC — 7000 BC — 5000 BC — 3000 BC — 1000 BC — 0 — 1000 — 1562 — 1700 — 1867 — 1900 — 1948 — 2000

- water
- ice
- salt
- oysters
- mussels
- scallops
- mollusks
- insects
- crabs
- frogs
- mushrooms
- greens
- bear
- venison
- horsemeat
- eggs
- marrow bones
- milk
- millet
- emmer grain
- einkorn grain
- almonds
- cherries
- wheat
- bison
- wine
- beer
- pigs
- goats
- sheep
- pistachios
- black walnuts
- cattle domestication
- apples
- spelled
- maize
- tortillas
- dates
- chickpeas
- honey
- arugula
- chicory
- lettuce
- spinach
- buckwheat
- quinoa
- cucumber
- squash
- chili peppers
- avocado
- potatoes
- milk
- yogurt
- sour cream
- grapes
- watermelons
- oranges
- citrons
- pomegranates
- popcorn
- chicken domestication
- butter
- palm oil
- barley
- manioc
- peas
- carrots
- onions
- garlic
- apricot
- spices
- tea
- olive oil
- seaweed
- duck
- saffron
- mustard
- pasta
- noodles
- radishes
- peaches
- licorice
- ham
- sesame seeds
- chocolate
- vanilla
- horseradish
- sugar
- pickles
- mangoes
- oats
- bean sprouts
- pears
- tomatoes
- cinnamon
- pastries
- appetizers
- vinegar
- peppercorns
- chestnut
- horsehound
- lobster
- crab
- shrimp
- truffles
- dill
- blueberries
- raspberries
- kale
- lemons
- pretzels
- coffee
- cod
- nutmeg
- corned beef
- cider
- lychees
- seitan
- coconuts
- Japanese sushi
- Japanese sashimi
- pork beans
- pineapples
- marmalade
- pecans
- papayas
- cauliflower
- turkeys
- cashews
- tempura
- Texas Longhorns
- skim milk
- yams
- sweet potatoes
- pralines
- coffee cake
- ice cream
- maple sugar
- cranberries
- rum
- grapefruit
- broccoli
- root beer
- tapioca
- french fries
- ketchup
- nougat
- casseroles
- commercial foods
- commercial gelatine
- mayonnaise
- egg nog
- soda water
- lollipops
- mandarin oranges
- ice cream cones
- corn syrup
- toffee
- butterscotch
- cocoa
- soft drinks
- iodized salt
- Rice Krispies
- vanilla extract
- marshmallows
- potato chips
- condensed milk
- breakfast cereal
- synthetic baby food
- Tabasco sauce
- Philadelphia cream cheese
- Heinz Ketchup
- blood oranges
- ice cream sandwiches
- canned tuna
- kiwi
- orange juice
- fortune cookies
- wonder bread
- popsicles
- frozen foods
- Cool Whip mix
- M&M's
- Nutella
- frozen french fries
- seedless watermelon
- instant pudding
- cappuccino
- smoothies
- frozen pizza
- diet soda
- TV dinner
- passion fruit
- dehiscated eggs
- milkshakes
- Dr. Pepper
- Coca Cola
- peanut butter
- teabags
- Jell'O
- Campbell's tomato soup
- cotton candy
- jelly beans
- candy corn
- instant ramen
- instant mashed potatoes
- buffalo wings
- Slurpees
- snack packs
- space food
- seedless grapes
- generic foods
- chicken nuggets
- Red Bull energy drink
- Omega 3 eggs
- lean-free onions
- cronuts
- cultured beef
- 3d printed food

history of disposable cutlery

- first edible cutlery made from sugar paste
- first disposable paper fork
- first disposable bamboo chopsticks
- first tin can
- plastic and polystyrene foam cutlery
- plastic drinking straw
- first disposable paper cup
- single-use plates and bowls
- single-use wooden cutlery
- paper food wraps
- McDonald's take away cutlery
- new materials for industrial manufactured single-use items:
- bioplastic
- wood
- mycelium
- Stainless Straw
- Glass Straw
- grain-based edible cutlery
- cookie cup
- reuse to-go cutlery
- 84/82/EG - law comes into force

## logistic and production

- *the detailed organization and implementation of a complex operation*
- *the activity of making or manufacturing from components or raw materials, or the process of being so manufactured*

value creation — increase in value — new — personal value — loss of value

## society

is the entirety of people who live together under certain political, economic, and social conditions

## communication

is the imparting or exchanging of information by speaking, writing, or using some other medium

## language

is the principal method of human communication, consisting of words used in a structured and conventional way and conveyed by speech, writing, or gesture

## economy

is the state of a country or region in terms of the production and consumption of goods and services and the supply of money

## lobbyism

refers to the attempt to influence members of parliament by interest groups

## politics

are the activities associated with the governance of a country or area, especially the debate between parties having power

## social

defines relating to the regulated coexistence of people in the state and society; relating to the human community, belonging to it

## everyday life

is securing basic needs and maintaining the functions of (survival) life

## socialization

- *Routines and habits*
- *Development of "everyday competence"*

## law

is the system of rules which a particular country or community recognizes as regulating the actions of its members and which it may enforce by the imposition of penalties

## nutrition strategies and programs

contain the basic demands, goals, and values of nutrition policy

- *Extraction of the food raw materials*
- *Observation and design of production*
- *Processing*
- *Distribution and consumption*
- *Promotion of healthy nutrition*

## activism

is the policy or action of using vigorous campaigning to bring about political or social change

## structure

which is intended to describe the classificatory order of human societies according to their social characteristics, especially their social stratification

## fridays for future

is a global social movement, starting from pupils and students who campaign for the most comprehensive, fast, and efficient climate protection measures possible

## the makers's bill of rights

DIY community manifesto against product obsolescence

## agriculture

defines the science or practice of farming, including cultivation of the soil for the growing of crops and the rearing of animals to provide food, wool, and other products

## food industries

are a series of industrial activities directed at the production, distribution, processing, conversion, preparation, preservation, transport, certification, and packaging of foodstuffs

## oil industry

encompasses the global processes of exploration, production, refining, transportation, and marketing of petroleum products. The highest-volume products in the industry are heating oil and gasoline

## packaging industry

deals with the production of packaging

## service industry

is a business that does work for a customer and occasionally provides goods but is not involved in manufacturing

## EU - Packaging and packaging waste directive (94/62/EG)

is a law which exists since 2019 and prohibits the use of disposable plastics that will come into force starting 03.07.2021

## EPR (Extended Producer Responsibility)

is a strategy to add all environmental costs associated with a product throughout its life cycle to the market price of that product

## public health nutrition

- *Nutrition programs*
- *Prevention programs*

## Nutri score

provides guidance in the purchase of food and thereby raising awareness regarding a balanced diet for societal health

recycling

reuse — Secondhand/Deposit system

## raw material extraction

defines the creation, collection, or extraction of raw material for the production of goods and services, especially directly from the natural environment. This includes all activities such as harvesting, mining, lumbering, fishing, etc.

## preproduction/ production

is the action of making or manufacturing from components or raw materials or the process of being so manufactured

## distribution

is the preparation and implementation of operational work and measures to ensure that the manufactured products (or services) reach the relevant market

## usage

refers to the action of using something or the fact of being used

## waste disposal

is the collection, processing, and recycling or deposition of the waste materials of human society

## renewable raw materials

are (nearly) inexhaustible natural resources, the supply of which can be restored in a short period

## non-renewable raw materials

are materials for which the rate of their consumption exceeds the rate of their regeneration

## preproduction

is the process, transforming raw material into materials with specific applications - further processing necessary

## production

is the process by which products for the user are created from a material

## sale

are the exchange of a commodity for money; the action of selling something

## products

are articles or substances that are manufactured or refined for sale

## disposal methods

- *recycling*
- *waste compaction*
- *composting*
- *incineration*
- *landfill*
- *disposal in ocean and sea*
- *plasma gasification*

## wood

- hardwood
- softwood
- tropical wood
- etc.

wood-like materials
- bamboo
- thatch
- straw

## natural fibers

- cotton
- wool (animal, origin)
- silk (animal origin)
- flax fiber
- industrial hemp
- jute
- abaca
- coconut fiber
- copra
- sisal
- kenaf
- bamboo and wood fibers

## vegetable oils

- rapeseed oil
- palm oil
- soybean oil
- sunflower oil
- linseed oil
- coconut oil
- etc.

## sugar and starch

- sugar cane
- sugar beet
- cereal crop - wheat, corn, rice, etc.
- field crop - cassava, potato

## chemical and pharmacological precursors

- natural rubber - caoutchouc
- resins
- latex
- tannins - tanning agents
- various dyes
- tobacco
- hops
- cannabis
- coca
- opium - poppies

## raw materials of animal origin

- tyrian purple (hist.)
- carmine (hist.)
- ivory (hist.)
- leather
- fish leather (hist.)
- skins
- beeswax
- horn
- fishbone (hist.)
- ambergris or grey amber (hist.)
- spermaceti (hist.)
- liver - fish oils
- glycerin
- animal fats and oils
- animal wax
- animal fibers - cf. natural fibers
- manure and dung - fertilizer
- possibly chitin shell as chitosans
- *blood and blood products - human origin)*

## product

an article or substance that is manufactured or refined for sale

## salts

- potash
- phosphates
- rock salt

## organic raw materials fossil raw materials - fossil fuels

- coal
- crude oil
- natural gas

## rocks and sediments

- clay
- sand
- gravel
- graphite
- asbestos
- diamond

## metallic raw materials

- iron
- aluminum
- steel
- gold
- silver
- platinum
- palladium
- tungsten
- tin
- uranium
- etc.

## wood processing

- machining processes (drilling, turning, milling, etc.)
- *non-machining (steam bending, etc.)*
- *joining (gluing, etc.)*

## metalworking

- machining processes (drilling, turning, milling, etc.)
- *non-machining (bending, casting, hammering, etc.)*
- *joining (welding, soldering, bonding, etc.)*

## plastics processing

primary forming process

- *continuous processes (extrusion, calendering, blow molding)*
- *discontinuous processes (injection molding, casting, compression molding, etc.)*
- *form processes (hot forming, cold forming, welding, bonding, etc.)*
- *Joining (welding, bonding, riveting, etc.)*
- *Finishing (glass bead blasting, embossing, lacquering, etc.)*

## procedure

means established or official ways of doing something; a regulated process that can be broken down into process steps is traceable and repeatable

## wholesale

is the business of selling goods in large quantities and at low prices, typically to be sold on by retailers at a profit

## retail

trade is defined as companies that procure goods from various manufacturers, combine them into a product range and sell them to non-commercial customers, i.e. consumers or end-users

## mail order

is a type of retailing in which products are offered at least by Internet, historically and occasionally still today by product catalog, brochure, Internet, television advertising or sales representative

## commodity

is a raw material or primary agricultural product that can be bought and sold, such as copper or coffee

## consumer goods

are goods bought and used by consumers, rather than by manufacturers for producing other goods

## service

means a system supplying a public need such as transport, communications, or utilities such as electricity and water

## natural foods

e.g. unprocessed and natural products

## processed food

refers to a food item that has had a series of mechanical or chemical operations performed on it to change or preserve it

## at home

within your own four walls

## out and about

on the move

## room pattern

- *mobility*
- *setting*

## social pattern

define an immediate social environment

## household

- *family*
- *Community forms*

## community

refers to a group of people who, through shared views or the like, are interconnected

## living environment and infrastructure

- *childcare centers*
- *schools*
- *educational institutions*
- *workplaces*
- *canteens*
- *markets and grocery stores*
- *food services*
- *e.g. gastronomy - agricultural technology*
- *food technology*
- *trade and transport*

## gastronomy

- vending machines
- bars and entertainment venues
- brasserie and bistro
- buffet
- café
- cafeteria
- caterer
- club
- diner
- discotheques and clubs
- drive-in
- drive-through
- ice cream parlors
- snack bars
- coffee house
- canteens
- market stalls
- pub
- restaurants
- street food stands and trucks
- service station and gas stations
- Tonkatsu - kiosk
- take-out

## kitchen

- *space for cooking, baking, preparing food*
- *room of communication*

## dining room

a room in a building in which meals are eaten

## table setting

- equipment
- arrangement
- etc.

## procedure

means an established or official way of doing something; a regulated process that can be broken down into process steps, is traceable and repeatable

## techniques

- acidulate
- al dente
- amandine
- au gratin
- au jus
- au poivre
- baghaar
- bain-marie
- bake
- barde
- barbecue
- baste
- blanch
- boil
- braise
- brine
- broast
- brown
- caramelize
- chiffonade
- coddle
- confit
- cook
- cure
- deep fry
- deglaze
- degrease
- dough sheeting
- dredge
- dry roast
- dum
- dum pukht
- egg wash
- emulsify
- en papillotte
- en vessie
- engastrate
- ferment
- fillet
- flambé
- flute
- fondue
- frost
- fry
- garnish
- gentle fry
- glaze
- gratin
- grill
- impregnenze
- huff paste
- indirect grilling
- infuse
- juggling
- juicing
- julienne
- larding
- low temperature cooking
- maceration
- marination
- mince
- nappage
- nixtamalization
- pan fry
- parbaking
- parboiling
- paste
- pasteurize
- pickle
- pickle
- poaching
- pre-ferment
- proofing
- puffing
- purée
- reconstitute
- reduce
- render
- roast
- rillettes
- roast
- sauté
- searing
- season
- separate
- shallow fry
- shirred/fry
- shuck
- smoke
- stain
- slow cook
- smoke
- smother
- souring
- sous-vide
- spherification
- steam
- steep
- stew
- stir fry
- stuff
- sugar panning
- sweating
- temper
- tenderizing
- thicken
- turbo cooking
- whisking
- wok
- zest

## table setting

- equipment
- arrangement
- etc.

## tableware

- serveware
- dinnerware
- silverware
- drinkware

## furniture

relates to items with which a room is equipped so that it can be used and inhabited, used for sitting, lying down, storing clothes and laundry, etc.

## tools and instruments

are objects shaped for specific purposes, with the help of which something is worked or manufactured by hand

## food containers and transport containers

- foils
- cartons
- menu boxes
- thermal or insulating boxes
- transport boxes
- bags
- envelopes and wrappings

## decoration

ornamentation, artistic decoration of a room or building (for a specific occasion)

## accessories

- napkins
- place cards
- tablecloths
- etc.

## cutlery

includes any hand implement used in preparing, serving, and especially eating food in Western culture

## drinking vessels

- beaker
- beer glassware
- beer mugs
- coffee glass and bowls
- coffee cups and glasses
- jar
- liqueur glasses
- champagne glasses
- cake cup
- shot glasses or spirit glasses
- soup cups
- tea cups
- tremblewe
- tumbler
- water glasses
- wine glasses

## plates

- Dinner plate
- Bread plate
- dinner plate
- Salad plate
- Breakfast plate
- gift plate
- Cake plate
- Dessert plate
- menu plate
- Dinner plate
- Soup plate
- Saucer

## cocktail sticks

## toothpicks

## drinking straws

## fingers and hands

## chopsticks

## tongs

- ice tongs
- lobster tongs
- pastry tongs
- nutcracker
- snail tongs
- spaghetti tongs
- meat/sausage holder or tongs
- tea tongs or tea-egg spoon
- sugar tongs

## forks

- asparagus fork
- barbecue fork
- beef fork
- berry fork
- carving fork
- cheese fork
- crisp fork
- cocktail fork
- cold meat fork
- crab fork
- dessert fork
- dinner fork
- extension fork
- fish fork
- fondue fork
- fruit salad fork
- granny fork
- ice cream fork
- meat fork
- olive fork
- oyster fork
- pastry fork
- pickle fork
- pie fork
- salad fork
- salad fork
- sardine fork
- spaghetti fork
- tea fork
- toasting fork

## spoons

- Bouillon spoon
- caviar spoon
- chinese spoon
- coffee spoon
- curry
- dessert spoon
- dessert spoon
- egg spoon
- french sauce spoon
- grapefruit spoon
- gumbo or chowder spoon
- horn spoon
- iced teaspoon
- korean spoon
- long handled spoon
- melon spoon
- plastic spoon
- rattail spoon
- salt spoon
- saucer spoon
- soup spoon
- cream soup spoon
- teaspoon
- tablespoon
- *M1926 spoon*
- *mesh top spoon*

## knives

- dessert knife
- butter knife
- butter spreaders
- fish knife
- cheese knife
- fruit knife
- steak knife
- slider
- table knife
- carving knife
- tart knife

## hybrids

- spork
- knork
- spife
- spoof

## pots and jugs

- bain-Marie
- roaster
- steamer and pressure cooker
- steamer
- preserving pot
- roaster
- saucepan
- cocotte
- roman pot
- simmer pot
- asparagus pot
- Tajine
- kettle

## kettles

- espresso pot
- coffee pot
- press pot
- teapot
- thermos jug
- fat separator jug

## pans

- crêpe pan
- griddle
- wok
- sauté pan

## containers and bowls

## skewers and needles

- jacket potato skewer
- wooden skewer
- metal skewer
- roulade clamps
- roulade needles
- corn on the cob skewer

## moulds and sheets

- cookie cutter
- baking sheet (various)
- butter model
- ice cube mold
- loaf pan
- bundt pan
- pizza tray
- quiche dish
- springform pan
- savarin dish
- tartelette dish
- casserole dish

## cutting tools

- household scissors
- kitchen scissors
- poultry scissors
- fish scissors
- Vegetable peeler
- Strip peeler
- blades
- various cutting tools

## handtools

- pastry brush
- cookie scoop
- Wire spoon
- ice cream scoop
- fish scaler
- fish slice
- meat mallet
- garnishing aid
- Vegetable brush
- grid tongs
- knife
- rolling pin
- spatula
- palette
- skimmer
- slotted ladle
- whisk
- ladle
- spaghetti tongs
- pastry scraper
- cake server
- chopping board
- salad spinner
- piping bag
- syringe
- tamper
- colander
- strainer

## knives

- boning knife
- bar knife
- bread knife
- fillet knife
- fish knife
- cleaver
- meat knife
- chef's knife
- pastry knife
- kitchen knife
- paring knife
- raclette knife
- paring knife
- ham knife
- carving set
- sharpening Steel
- sharpening Stone
- whetstone

## cooking and serving spoons

- absinthe spoon
- basting spoon
- berry spoon
- bordon spoon
- caddy spoon
- chutney spoon
- jelly or jam spoon
- ladle
- mixing spoon
- mustard spoon
- olive spoon
- rice fork
- rice spoon
- salt spoon
- serving spoon
- slotted spoon
- spaghetti spoon
- straw spoon
- stirrer
- sugar spoon
- wooden spoon
- ice cream spoon

## opening

- champagne saber
- can opener
- ice pricker
- bottle opener
- waiter's knife
- corkscrew

## pounding and crushing

- ice crusher
- duck press
- meat mallet
- meat tenderizer
- meat grinder
- flaker
- potato masher
- potato ricer
- garlic press
- mortar
- Fiotte Lotte
- bread grater
- Spaetzle press
- lemon squeezer

## mixing

- whisk
- mixers with a rotating blade
- mixers
- dough mixers
- cocktail shaker

## mills and grates

- grain Mill
- spice Mill
- Multipurpose Mill
- coffee grinder
- herb Mill
- kitchen grater
- Mixna
- nut mill
- pepper mill
- drum grater

## dish washing

- dishwasher
- dish brush
- pot scraper

## measuring devices

- oven thermometer
- meat thermometer
- Kitchen Scales
- measuring jug
- time
- spaghetti measure
- ice-cream scoop

## cooling devices

- cooling rack
- freezer
- refrigerator
- blast chiller
- ice cream maker

## electronic kitchen devices

- slicer
- blender
- foil sealer
- hand mixer
- meat Grinder
- kitchen machine
- pasta maker
- milk frother
- blender

## textiles

- tea towel
- apron
- pot holder
- oven mitts
- scouring cloth
- dishwashing cloth
- rag

## heating devices

- steamer
- egg boiler
- electric grill
- electric cooker
- espresso machine
- fondue set
- gas cooker
- ceramic or glass-ceramic hob
- hand burner
- hot air steamer
- induction hob
- coffee maker
- yogurt maker
- microwave oven
- oven
- Raclette oven
- Rechaud
- rice cooker
- Salamander
- sandwich toaster
- solar cooker
- teapot warmer
- immersion heater
- tea Maker
- Teapan
- toaster
- waffle iron
- kettle

## history

describes political, cultural, and social development, the development process of a certain geographical, cultural, or similar area

## food culture

refers to the practices, attitudes, and beliefs as well as the networks and institutions surrounding the production, distribution, and consumption of food

## rituals

refer to a religious or solemn ceremony consisting of a series of actions performed according to a prescribed order.

## ceremonies

means the accumulation of rituals

## table manners

refer to behaviour that is considered required - while eating at table

- *cream hands and face*
- *wait until everyone is served before eating*
- *chew with your mouth closed*
- *avoid stuffing your mouth*
- *use utensils and napkins*
- etc.

## culture

is an umbrella term that encompasses the social behavior and norms found in human societies, as well as the knowledge, beliefs, arts, laws, customs, capabilities, and habits of the individuals in these groups

## religion

is a particular faith established by doctrine and statutes and its confession (usually accepted by a larger community)

## christianity

- *hardly any dietary rules*
- *no fundamental prohibitions*
- *Friday sacrifice, Lent - period of fasting*

## islam

- *halal - permitted*
- *haram - forbidden*
- *prohibitions refer to food and production pork and products made from it not ritually slaughtered (bloodshed) meat*
- *no intoxicating effect (plants) alcohol prohibition*
- *Ramadan - fasting period*

## judaism

- *kosher - permitted*
- *trefa - forbidden*
- *prohibitions refer to production*
- *simultaneous consumption of meat and dairy products forbidden*
- *Passover - fasting period*

## buddhism

- *distinguishes between members of the order and laypeople*
- *vegetarian or vegan because killing animals leads to bad karma*
- *no general prohibitions*

## hinduism

- *differences depending on membership in the caste system*
- *mushrooms and honey often not allowed*
- *consumption of beef, generally not allowed*

## decision making

## stimuli

stimulus perception via:

- touch
- taste
- smell
- hearing
- sight

## perception

refers to the acquisition of information and processing of stimuli

- *exteroception*
- *interoception*

## cognitive processes

are based on physical events in the nervous system and brain, where information is physically transmitted

- *thinking*
- *learning*
- *memory*
- *attention*
- *language*
- *reason and intellect*
- etc.

## decision

diagnosis, goal setting, problem definition, information processing

- *Intuition*
- *Emotion*
- etc.

## heuristics and cognitive bias

are fast ways of thinking in order to reach a decision quickly

- *Anchor heuristic*
- *Representativeness heuristic*
- *Availability heuristic*
- *Recognition heuristic*
- *attribution error*
- *Illusory correlation*
- etc.

## psychological variables

influence food choice and vice versa

- *pleasure / palatability*
- *identity - e.g. body images*
- *stress*
- *Routine*

## time pattern (time budget)

describes the sequence of events, thus has a definite, irreversible direction

## objective time

refers to the time that is an objectively determinable order in which durations are measured and an absolute presence is indifferent

- *system of units*
- *second, minute, hour, day, week, month year, etc.*
- *time zones*
- *Phylogenesis*

Development of the totality of all living beings

- ontogeny

Development of the individual

## chronobiology

is a field of biology that examines living processes, including periodic (cyclic) phenomena in living organisms, such as their adaptation to solar- and lunar related rhythms. These cycles are known as biological rhythms

- *internal clock*
- *biological rhythm*
- *day-night cycle*

## subjective time

means the subjective perception of time concerning the passing of objective time from

- time consciousness
- *time flies*
- *having (no) time*
- *time (does not) pass*
- *taking (no) time*
- *killing time*
- *to give someone time*
- *Gaining/losing time*

## financial pattern

- *socio-economic status*
- *income*

## glucostatic theory

assumes that the concentration of blood glucose is being measured by special sensors in the blood and that a lack of glucose leads to the feeling of hunger

## thermostatic theory

according to this theory, a reduced generation of heat in the body leads to hunger

## ravenous hunger and appetite

## commination and digestion

serves to enzymatically break down the ingested food to enable the absorption of the nutrients it contains

## ingestion

is the physiological process of absorption of food through the mouth and pharynx into the gastrointestinal tract

## behavioral control

refers to physiological processes that are primarily based on hormonal regulatory circuits that take place between the digestive system and the central nervous system

## hunger

is the physiological desire for food intake

- *Part of the drive control of humans*

## thirst

Correlation of hunger in the area of fluid intake

## human

relating to or characteristics of humankind

## nutrients

are substance used by an organism to survive, grow, and reproduce

## macronutrients

are those nutrients from which the body obtains energy. Carbohydrates, proteins, and fats are among them

## fat

consists of glycerin molecules with three fatty acids attached. Fatty acid molecules contain a -COOH group with different chain lengths. Fatty acids chains connected by single bonds alone (saturated fatty acids) or by both double and single bonds (unsaturated fatty acids). Fats are needed for the construction and maintenance of cell membranes, to maintain a stable body temperature, and to sustain the health of skin and hair. Because the body cannot manufacture certain fatty acids (termed essential fatty acids), they must be obtained through one's diet

## carbohydrates

*are compounds made up of one types of sugar. Carbohydrates are classified according to their number of sugar units: monosaccharides (such as glucose and fructose), disaccharides (such as sucrose and lactose), oligosaccharides, and polysaccharides (such as starch, glycogen, and cellulose)*

- *not an essential food component*
- *most important as a source of energy - especially from plants rich in dietary fiber*

## proteins

are organic compounds that consist of amino acids joined by peptide bonds. Since the body cannot manufacture some of the amino acids (essential amino acids), the diet must supply them. Through digestion, proteins are broken down by proteases back into free amino acids

## ethanol (drinking alcohol)

is chemically a macronutrient because it contains calories, even though it is not a basic component of nutrition. Considerable amounts of energy are absorbed through alcohol

## classes

- saturation
- double bond
- chain length

*essential fatty acids are involved in the transport of nutrients and metabolic products*

## dietary fiber

largely indigestible food components

- *mainly of vegetable origin*
- *support digestion of nutrients*

## micronutrients

are essential substances that humans must take in with food, but which have no energetic value for the organism. These are primarily vitamins and minerals. Minerals or mineral substances are in turn subdivided into trace and bulk elements

## dietary minerals

## vitamins

## water

the body needs water mainly due to losses through respiration, metabolic processes, cooling through evaporation via the skin

## bulk elements

- calcium
- chlorine
- magnesium
- sodium
- potassium
- Phosphorus

## fat soluble

- Vitamin A
- Vitamin D
- Vitamin E
- Vitamin K

## trace elements

- Iron
- Zinc
- Copper
- Manganese
- Iodine
- Selenium
- Cobalt

## water soluble - non storable

- Vitamin B
- Vitamin C

## Food groups

can be classified according to top point of view, purpose and classification, according to ingredients, origin, processing, the occasion of consumption, and need for cooking

## food of animal origin

- *eggs*
- *meat and sausages*
- *dairy products*
- *fish*
- *honey*

## food of plant origin

- vegetables, potatoes, legumes
- fruits
- bread and bakery products
- cereal products
- vegetable edible oils and fats
- confectionery
- spices
- salty pastries and "snacks

## drinks

- alcoholic
- non-alcoholic

## mushrooms

## other

- salt
- further processed food
- convenience food

## dishes and meals

- single, independent kitchen product
- Combinations of different unmixed ingredients

## cuisines

are specific sets of cooking traditions and practices, often associated with a specific culture or region. Each cuisine involves food preparation in a particular style, of food and drink of particular types, to produce individually consumed items or distinct meals

- Fusion cuisine
- Haute cuisine
- Nouvelle cuisine
- Vegan cuisine
- Vegetarian cuisine

## types

- Breakfast
- Lunch
- Dinner
- etc.

## courses

- hors d'oeuvre or appetizer
- intermittent course
- main course
- salad course
- cheese selection
- Dessert

## social change

involves alteration of the social order of a society. It may include changes in social institutions, social behaviours or social relations

## list of cuisines

- Aino
- Albanian
- Argentine
- Andhra
- American
- Anglo Indian
- Arab
- Armenian
- Assamese
- Awadhi
- Azerbaijani
- Bastchi
- Bashkir
- Belarusian
- Bangladeshi
- Bengali
- Berber
- Brazilian
- British
- Buddhist
- Bulgarian
- Cajun
- Canadian
- Caribbean
- Chechen
- Chinese
- Chinese Islamic
- Circassian
- Crimean Tatar
- Cypriot
- Czech
- Danish
- Egyptian
- English
- Ethiopian
- Eritrean
- Estonian
- French
- Filipino
- Georgian
- German
- Goan
- Goan catholic
- Greek
- Gujarati
- Hyderabad
- Indian
- Indian Chinese
- Indian Singaporean
- Indonesian
- Inuit
- Irish
- Italian American
- Italian
- Jamaican
- Japanese
- Jewish
- Karnataka
- Kazakh
- Keralite
- Korean
- Kurdish
- Laotian
- Lebanese
- Lithuanian
- Louisiana Creole
- Malvani
- Malaysian Chinese
- Malaysian Indian
- Mediterranean
- Mexican
- Moroccan
- Mordovian
- Mughal
- Native American
- Nepalese
- New Mexican
- Odia
- Parsi
- Pashtun
- Pennsylvania Dutch
- Pakistani
- Peranakan
- Persian
- Peruvian
- Portuguese
- Punjabi
- Québécois
- Rajasthani
- Romanian
- Russian
- Sami
- Serbian
- Sindhi
- Slovak
- Slovenian
- Somali
- South Indian
- Soviet
- Spanish
- Sri Lankan
- Taiwanese
- Tatar
- Thai
- Tulu
- Turkish
- Tamil
- Udupi
- Ukrainian
- Vietnamese
- Yamal
- Zambian
- Zanzibari

## diets

- Veganism
- Vegetarianism
- Ovo vegetarianism
- Lacto vegetarianism
- Pudding vegetarianism
- Pescetarian
- Fruitarianism
- Pescetarianism
- Raw food
- Flexitarianism
- Omnivore
- paleo
- ketogenic
- clean eating
- slow food (movement)

special forms

- lactose-free
- dairy-free
- gluten-free
- histamine-free
- fructose-free

## values

in common parlance, they refer to properties or qualities considered desirable or morally good, which are attributed to objects, ideas, practical or moral ideals, facts, patterns of action, character traits, or even goods

## taste

is broadly defined as a complex sensory impression during food intake, which arises from the multisensory activation of the senses of smell and taste as well as touch, temperature, and pain.

- *Shaped by primary socialization*

## knowledge

is a familiarity, awareness, or understanding of someone or something, such as facts (descriptive knowledge), skills (procedural knowledge), or objects (acquaintance knowledge). By many accounts, knowledge can be acquired in many different ways and from many sources, including but not limited to perception, reason, memory, testimony, scientific inquiry, education, and practice

## identity

is defined as the totality of one's self-construal, in which how one construes oneself in the present expresses the continuity between how one construes oneself as one was in the past and how one construes oneself as one aspires to be in the future. The criteria for definitions of aspects of identity, such as: "One's ethnic identity is defined as that part of the totality of one's self-construal made up of those dimensions that express the continuity between one's construal of past ancestry and one's future aspirations with ethnicity"

## experience

refers to the knowledge and behavior acquired through perception and learning or, in the case of philosophy, to the totality of all experiences a person has ever had, including how they are processed

## preference

is a particular interest in something, or a special inclination

German Pavilion "Spoon Archaeology"
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