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Nutrition, Food, and the Environment

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C2. This is one way in which scientists measure the sensory qualities of food and drinks. Your nutrient intake may be influenced by the sight, taste, or odor of food.

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**C3.** The efficiency of food production has improved greatly in recent years.

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**C4.** Water is an essential nutrient for people, plants, animals, and microorganisms. Growing things cannot thrive when water is scarce.

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**C5.** Does your diet contain fish, an important source of protein and other nutrients?

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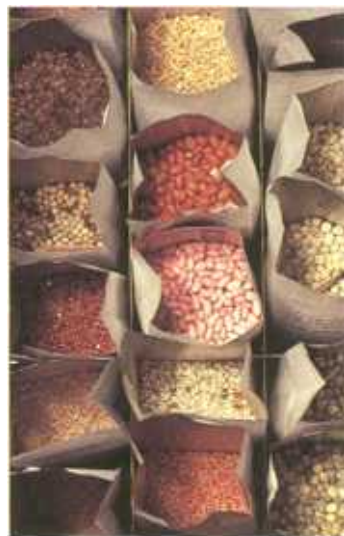
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**C6.** Nuts are an important (and usually inexpensive) source of many nutrients.

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**C7.** You use energy nutrients for physical activity, for maintaining body temperature and vital processes such as breathing, and for the digestion and metabolism of food.

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**C8.** Influences on the food you eat may include age, culture, income, geographic location, and health.

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**C9.** As we grow older, we experience changes in our intake of and need for various nutrients.

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