

Health

[Health & Medicine](#)



**ASSIGN
BUSTER**

Health Sciences and Medicine of HEALTH SCIENCES AND MEDICINE

NUTRITIONAL EXPERIMENTS AND SCIENTIFIC METHOD: Scientific method is a logical order of steps through which scientists reach conclusions about the things around them. The scientific method involves observation, hypothesis, experiment and theory. Scientific method can be used in the science of nutrition also. Firstly scientists can make observations about a certain nutritional thing and ask associated questions. Then an explanation can be proposed, which is the hypothesis. After the thought out hypothesis experiments can be carried out for reliable results. Lastly if repeated experiments are in favor of the hypothesis a theory can be put forward. In nutrition the method can be applied to develop nutrient recommendations, functions of nutrients and learn the role of nutrition in promotion of health and prevention of disease.

INDIRECT FOOD ADDITIVES:

Food additives are substances that become part of a food product when they are added during processing of the food product. There are direct and indirect food additives. Indirect food additives are found in foods after or during they are made. Indirect additives are not put in the food purposely and are present in the final products in small portions.

DIRECT FOOD ADDITIVES:

Direct food additives can be man-made or natural. They are added during the processing of food. The direct additives are added to add nutrients to food products, aid process of foods, keep the final product fresh and make the food appealing. The functions of these additives include smoothness of food, preservation of nutrient value, maintenance of wholesomeness of

foods, controls the acid-base balance of foods and above all to enhance the flavor of the food products.