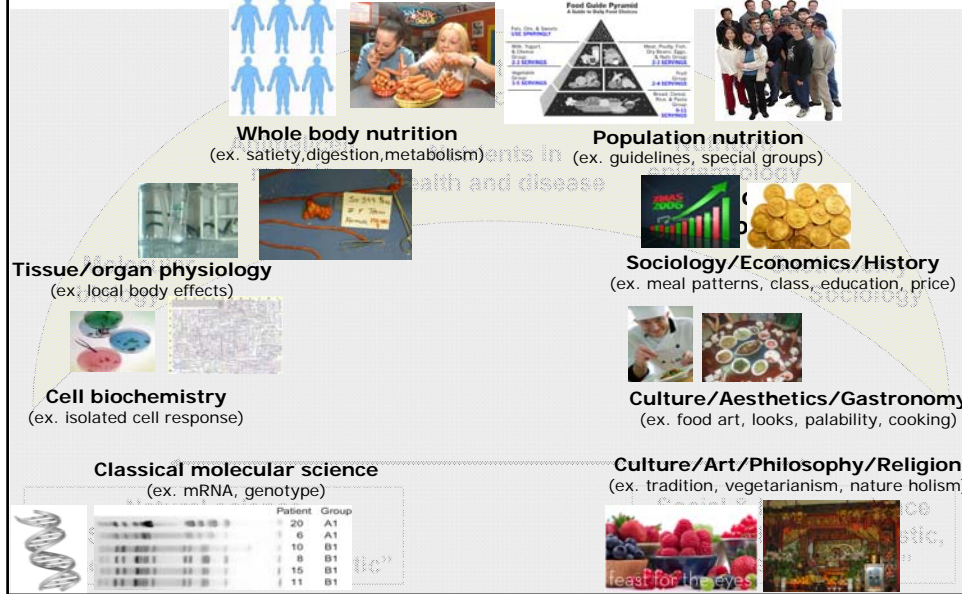
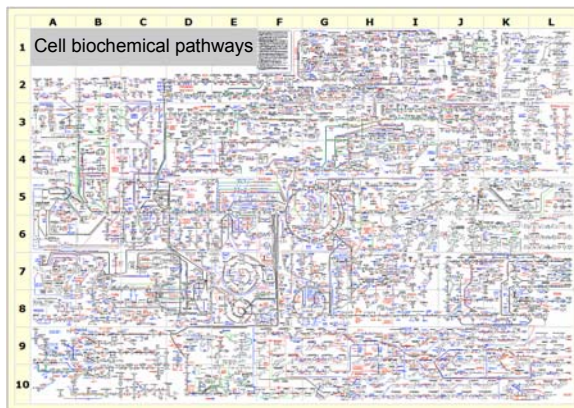


Human Food and Nutrition: Natural, social and human science



WEST: Physical exercise for the chemical machine



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Nutrition and
fitness council

FITNESS:

- 1) Physical exercise for the chemical machine?
- 2) Life-giving contact with the natural/supernatural world



What is (natural) science?

(adapted from Henning Sørensen, Frydenlund, 2006)

- Reliability + Validity = Objectivity
- Use of acknowledged analytical techniques
- Wide publication of results
- Open towards criticism of theory and techniques
- Self-critique

Critical elements:

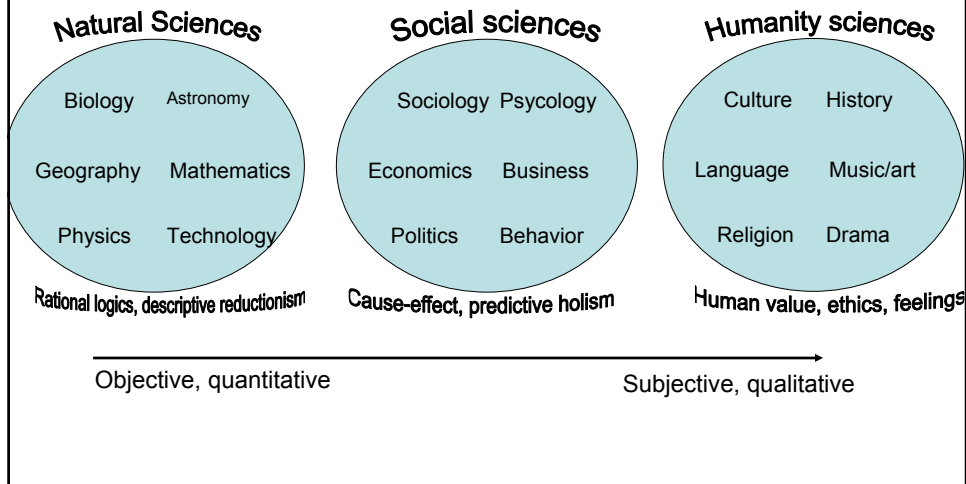
How data is obtained? Attitude of researcher

Not critical:

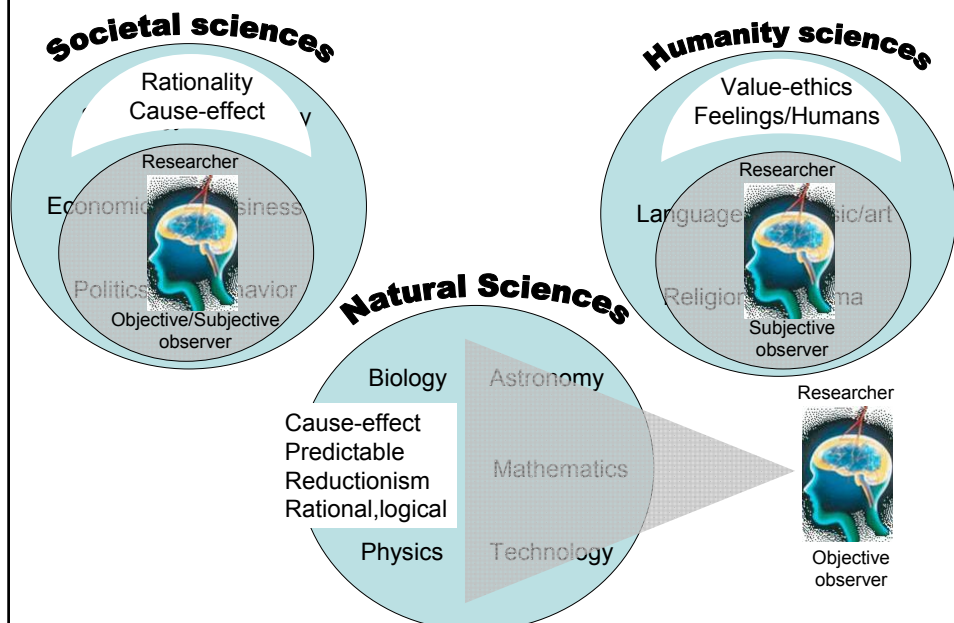
What is the result? Who is the researcher?

Do social and humanity "sciences" exist?

What are the main fields of academic study?



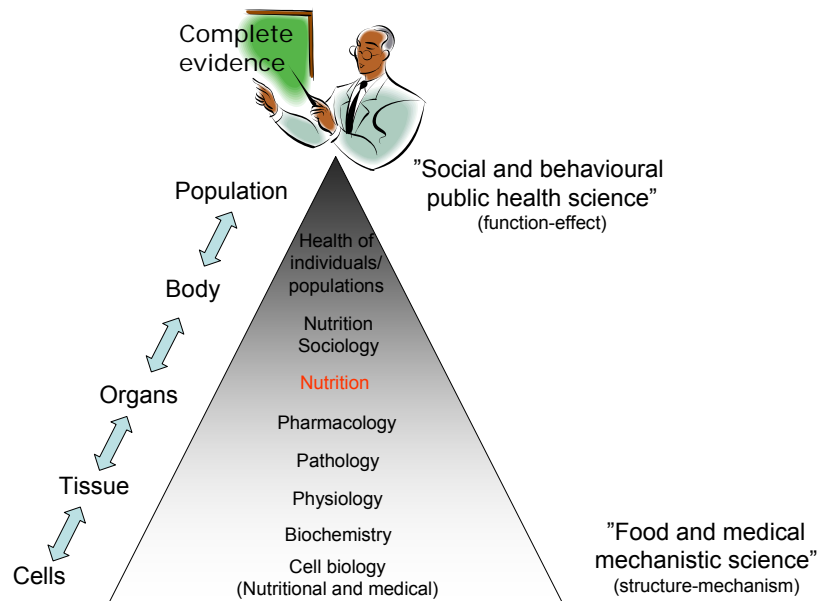
The sciences – main categories:



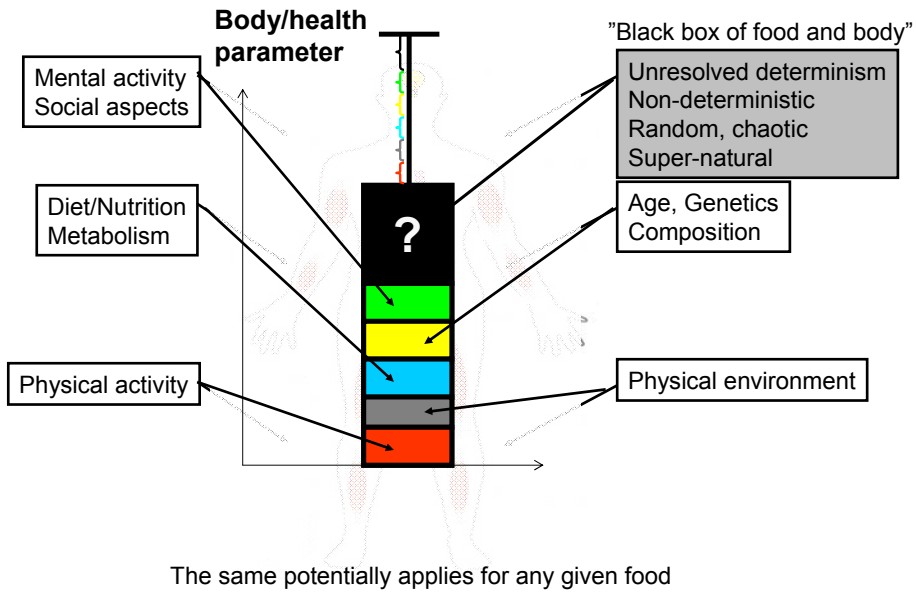
The sciences – main categories:

	Topic	Study object	Field	Time Focus	Method
Humanity sciences	Humans as acting, thinking and feeling beings	Cultural products like art, literature, philosophies	History, culture, literature, art, aesthetics, consciousness, language, religion, feeling	Present	Descriptive, analytical, interpretation, value estimation, Meaning
Social sciences	Organization of human behaviour	Material or immaterial production	Social structure, material production and distribution, politics, human control, trade and exchange	Future	Descriptive and mechanistic, observational, interviews, data collection and analyses, statistics,
Natural science	Understanding and control of nature	Observation and calculation of nature phenomena	Physical matter, motion, energy, molecular structure and pathways, logical mathematical relations	Past	Experiments, verification, falsification, hypothesis testing, calculation, mechanistic

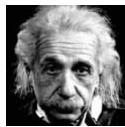
Nutritional/medical evidence hierarchy



Health determinants:



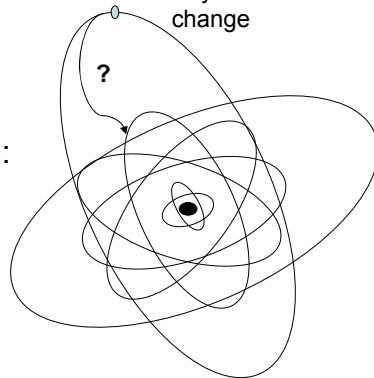
The Bohr and Einstein discussion about the nature of the natural world:



Albert Einstein:

100%
determinism

Physical
change



Niels Bohr:

Determinism +
"random" influence

Quantum theory: Nature has both particle (space-time) and wave (spontaneous) properties
→ "measurement problem" → fundamental uncertainty described only by probability

Food and Medicine: Particle or Wave?