



Raw vs cooked food

Chemicals are important. Utilising experience in combination with the five senses of taste, touch, sight, smell and hearing we can distinguish many chemicals and combinations of chemicals. Most often we do not know the names of the chemicals, but we can tell subtle differences in formulation or concentration. Take tomatoes. Unripe tomatoes are green in colour, feel unduly firm and the chemicals they contain fail the taste test. Ripe tomatoes by contrast have an agreeable odour, pleasing bloom to the skin and the sound of the knife slicing the flesh suggests a suitable chemical combination which the taste test confirms.

I mention these things because I want you to trust your senses and intellect when assessing information on complex biochemicals. Of course it is important to acknowledge limitations and admittedly chemistry can be a difficult subject. As we progress through this chapter we shall consider some of the 'difficult' chemicals in 'difficult' combinations. In coping with what may be unfamiliar, try ranking the concepts by drawing on what is familiar in your life experience. Consistent with this let's take a slight detour via the fuel requirements of a car.

If the maker's instructions are followed when fuelling a car, good engine performance can be expected. The engine should sound healthy and give off the expected colour and volume of exhaust fumes. Depending on the model of car, there are expectations about the power output. A small car should be lively under acceleration, compared with the smooth acceleration and power of a family saloon car. If a car sounds 'healthy' and performs with 'vitality' under average driving conditions then this is usually reflected in the 'longevity' of the engine.