

## **Classification Essay About Food**

Food is some substance consumed to provide nutritional support for body. Food can be from plants or animals. A healthy food is a food that contains essential energy and it is good for health. The essential energy is carbohydrate, protein, vitamin, and so on. Consequently, food can produce energy, maintain life, or stimulate growth. Food can be divided into three based on sequence of service: appetizer, main course, and dessert.

Appetizer is the first course which is served before the main course. Furthermore, appetizer can stimulate appetite. The appetizer is usually served in small portion because it is as an opening food. The portion of appetizer is usually about one hundred and twenty grams. The example of appetizer is Shrimp Cocktail. It contains salad, shrimp, and cocktail sauce. The cocktail sauce is made from mayonnaise and tomato sauce.

The second course is main course. In addition, main course is served after appetizer. Main course can be more satiate since it contains more energy than appetizer. Unlike the appetizer, main course is served in a big portion. It is usually about three hundred and fifty grams. The example of main course is Tenderloin Steak. This steak is made from grill beef and French fries with tomato and chilli sauce.

Besides, dessert is the last course. Dessert is served after main course. Moreover, dessert is as a refresher after eating the main course. Dessert is served in a small portion. This portion is smaller than appetizer and main course portion. The portion of dessert is usually about one hundred grams. The example of dessert is Fresh Fruit Platter. This is a kind of mixing fruits; these fruits are rich of water. The fruits that can be used are watermelon, pineapple, apple, and kiwi.

To sum up, based on sequence of service, food can be divided into three. There are appetizer, main course, and dessert. In addition, appetizer, main course, and dessert have their own function. The portion and example of each food is also different. Each of them is really important for our body; however, main course is the most important since it contains more energy than appetizer or dessert.