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) : Vitamins It was not until the beginning of this century that it was recognized /that certain substances were essential in the diet to prevent or cure some diseases. These substances are now known as vitamins. They are vital for growth , good health , and maintenance of the normal functions of the body. A well-balanced diet should provide all the vitamins we normally require. Those of us who are fortunate enough to be able to buy sufficient food should not suffer from vitamin deficiency. However , for various reasons , some people do not maintain a balanced diet. People often lose their appetite because of illness. People living alone may not bother to eat proper meals , and people on a diet may not eat sufficient quantities of necessary foods. Moreover , modern methods of preserving , freezing and long-time storage of food , together with over cooking , can destroy many of the vitamins. We do not know when man first began to use salt , but we do know that it has been used in many different ways throughout history. Historical evidence shows , for example , that people who lived over 3000 years ago ate salted fish. Thousands of years ago in Egypt , salt was used to preserve the dead. Stealing salt was considered a major crime during some periods of history. In 18th century , for instance , if a person was caught stealing salt , he can be put in jail. History records that about ten thousand people were put in jail during that century for stealing

salt ! About 150 years before , in the year 1553 , taking more salt that one was allowed to was punishable as a crime. The offenders ear was cut off. Salt was an important item on the table of royalty. It was traditionally placed in front of the king when he sat down to eat. /Important guests at the kings table were seated near the salt. Less important guests were given seats farther away from it.ways throughout history. Historical evidence shows , for example , that people who lived over 3000 years ago ate salted fish. Thousands of years ago in Egypt , salt was used to preserve the dead. Stealing salt was considered a major crime during some periods of history. In 18th century , for instance , if a person was caught stealing salt , he can be put in jail. History records that about ten thousand people were put in jail during that century for stealing salt ! About 150 years before , in the year 1553 , taking more salt that one was allowed to was punishable as a crime. The offender ' s ear was cut off. Salt was an important item on the table of royalty. It was traditionally placed in front of the king when he sat down to eat. Important guests at the kings table were seated near the salt. Less important guests were given seats farther away from it. 100Test 下载频道开通 , 各类考试题目 直接下载。 详细请访问 [www.100test.com](http://www.100test.com)