

# Understanding Nutrition 13 Edition

Understanding a concept means you get it. Your understanding might be that your mother will always drive you to school if you miss the bus. The sum of your knowledge of a certain topic, is your ... If you have an understanding of something, you know how it works or know what it means. The meaning of UNDERSTAND is to grasp the meaning of. Understanding is a cognitive process related to an abstract or physical object, such as a person, situation, or message whereby one is able to use concepts to model that object. UNDERSTANDING definition: mental process of a person who comprehends; comprehension; personal interpretation. See examples of understanding used in a sentence. UNDERSTANDING definition: 1. knowledge about a subject, situation, etc. or about how

something works: 2. a particular way in.... Learn more. Definition of understanding noun from the Oxford Advanced Learner's Dictionary. [uncountable, singular] understanding (of something) the knowledge that somebody has about a particular subject or situation. ... The meaning of UNDERSTANDING is a mental grasp : comprehension —usually used with of. How to use understanding in a sentence. He has a thorough/full understanding of the subject. She has a basic/better/deep understanding of the process. I hope to get/gain a clearer understanding of the issues involved. Both comprehension and understanding can be used to talk about someone's ability to understand something. He noted Bond's apparent lack of comprehension. The problems of solar navigation seem ...

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