

Constituents of Food

Chapter 19: Constituents of Food · Topic 1

Key Concept

Carbohydrates and fats provide energy for our daily activities, while proteins help build and repair body tissues and muscles.

Vitamins and minerals, needed in smaller amounts, support important body functions like immunity, bone health, and vision.

Water and fibre, though not always classified as nutrients, are also essential parts of a healthy diet for hydration and digestion.

A balanced diet includes all these constituents in appropriate amounts, ensuring our body gets everything it needs to function well.

Quick Revision Notes

- Carbohydrates, fats: provide energy.
- Proteins: build, repair tissues.
- Vitamins, minerals: needed in smaller amounts.
- They support immunity, bones, vision.
- Water, fibre also essential.
- Water for hydration; fibre for digestion.
- Balanced diet includes all constituents.
- This ensures the body functions well.

Practice Questions

- 1 List a food source for carbohydrates, proteins, and vitamins.
- 2 Discuss why fibre is important for digestion.
- 3 Discuss why water is essential in our diet.
- 4 Plan a balanced meal with all constituents.
- 5 Research a vitamin and its function.
- 6 Explain why a balanced diet is important.