

Components of Food (Nutrients)

Chapter 3: Mindful Eating: A Path to a Healthy Body · Topic 1

Key Concept

Carbohydrates are found in foods like rice, wheat, and potatoes; proteins are found in foods like pulses, eggs, and meat; fats are found in foods like ghee, oil, and nuts. Vitamins (like Vitamin A, C, and D) and minerals (like calcium and iron) are needed only in small amounts but are crucial — their absence over time can cause deficiency diseases. A simple test called the iodine test can be used to check if a food contains starch, turning blue-black when starch is present.

Quick Revision Notes

- Carbohydrates and fats mainly provide energy; proteins help growth and repair.
- Vitamins and minerals regulate body functions and prevent diseases, needed in small amounts.
- Rice and wheat are carbohydrate-rich; pulses and eggs are protein-rich; ghee and nuts are fat-rich.
- The iodine test detects starch, turning the food blue-black.

Practice Questions

- 1 Name one food rich in protein and one rich in carbohydrates.
- 2 Describe how you would test a food sample for the presence of starch.
- 3 Why does the body need only small amounts of vitamins and minerals, yet they are so important?