

Food and Nutrition

Chapter 7: Food and Nutrition · Topic 1

Key Concept

Carbohydrates and fats give us energy, while proteins help build and repair body tissues, especially important for growing children.

Vitamins and minerals, though needed in small amounts, are essential for various body functions like immunity, bone health, and vision.

A deficiency of certain nutrients can cause health problems, like a lack of Vitamin C causing scurvy or lack of iron causing anaemia.

Eating a variety of foods ensures we get all necessary nutrients for growth, energy, and overall good health.

Quick Revision Notes

- Carbohydrates, fats give energy.
- Proteins build and repair tissues.
- Vitamins, minerals needed in small amounts.
- They aid immunity, bone health, vision.
- Nutrient deficiency causes health problems.
- Example: lack of Vitamin C causes scurvy.
- Lack of iron causes anaemia.
- Variety of foods ensures all nutrients.

Practice Questions

- 1 List a food source for each: carbohydrates, proteins, vitamins.
- 2 Discuss why proteins are important for growing children.
- 3 Research a deficiency disease and its cause.
- 4 Plan a meal with a variety of nutrients.
- 5 Discuss why vitamins are needed even in small amounts.
- 6 Explain the importance of a balanced diet.