

Our Diet

Chapter 8: Our Diet · Topic 1

Key Concept

Carbohydrates, found in rice, wheat, and potatoes, give us energy for our daily activities.

Proteins, found in eggs, milk, and pulses, help build and repair our body's muscles and tissues.

Vitamins and minerals, found in fruits and vegetables, help keep our body's systems working properly and boost immunity.

A good diet combines all these nutrients in the right amounts, along with plenty of water, for overall health.

Quick Revision Notes

- Carbohydrates: rice, wheat, potatoes - give energy.
- Proteins: eggs, milk, pulses - build muscles.
- Vitamins/minerals: fruits, vegetables.
- They keep body systems working, boost immunity.
- A good diet combines all nutrients.
- It's eaten in right amounts.
- Plenty of water is also needed.
- This ensures overall health.

Practice Questions

- 1 List a food with carbohydrates, protein, and vitamins each.
- 2 Discuss why proteins are important.
- 3 Draw a balanced meal plate.
- 4 Discuss why water is important in our diet.
- 5 Research foods rich in vitamins.
- 6 Plan a healthy meal for a day.