

Nutrients in Food

Chapter 5: Food for Health · Topic 1

Key Concept

Carbohydrates, found in rice and bread, give us energy. Proteins, found in dal, eggs, and meat, help build and repair our body.

Fats, found in oil, ghee, and nuts, provide energy and support cell function, though they should be eaten in moderation.

Vitamins and minerals, found in fruits and vegetables, keep our body systems working properly and help prevent diseases.

Eating a variety of foods ensures we get all the nutrients we need, which is why a balanced diet includes different food groups.

Quick Revision Notes

- Carbohydrates give us energy, found in rice and bread.
- Proteins help build and repair the body, found in dal and eggs.
- Fats provide energy, found in oil and nuts.
- Fats should be eaten in moderation.
- Vitamins and minerals keep body systems working properly.
- Fruits and vegetables provide vitamins and minerals.
- A variety of foods ensures we get all nutrients.
- A balanced diet includes different food groups.

Practice Questions

- 1 List the foods you ate today and identify their nutrients.
- 2 Name a food rich in carbohydrates.
- 3 Name a food rich in protein.
- 4 Name a food rich in vitamins.
- 5 Discuss why a balanced diet is important.
- 6 Plan a meal with all the major nutrient groups.