

Food and Nutrition

Chapter 3: Food and Nutrition · Topic 1

Key Concept

Carbohydrates, found in rice and bread, give us energy, while proteins, found in eggs and beans, help build and repair our body.

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

A balanced diet includes a mix of all these nutrients in the right amounts to keep us healthy.

Eating too much junk food, which often lacks nutrients, can lead to poor health, so we should eat nutritious food regularly.

Quick Revision Notes

- Carbohydrates give us energy.
- Rice and bread are carbohydrate sources.
- Proteins help build and repair our body.
- Eggs and beans are protein sources.
- Vitamins and minerals boost immunity.
- Fruits and vegetables provide vitamins and minerals.
- A balanced diet has the right mix of nutrients.
- Too much junk food can harm our health.

Practice Questions

- 1 List foods rich in carbohydrates, proteins and vitamins.
- 2 Plan a balanced meal for a day.
- 3 Discuss why junk food isn't healthy.
- 4 Research a vitamin and its benefit.
- 5 Draw a healthy food plate.
- 6 Discuss your favourite nutritious food.