

*Name of the student:* ..... *Date:* ...../...../.....

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- Any nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth is called **food**.
- The process of taking in food and using it for growth, metabolism, and repair is called **nutrition**.
- Nutritional stages are ingestion, digestion, absorption, transport, assimilation, and excretion.
- Depending on the principal of ingredients foods are divided into three classes. Such as—
  - 1) **Protein:** For growth and repair
  - 2) **Carbohydrates:** Helps in producing energy
  - 3) **Fat and oils:** Produces heat and energy

Q. Which food element do you take much in amount and why?

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- Besides these three more kinds of components are essential for the body. Such as—
  - 1) **Vitamins:** Increases energy for the protection against the diseases enhances the chemical reaction.
  - 2) **Minerals:** Takes part in various organic functions.
  - 3) **Water:** Keeps the balance of water and temperature. Regulates the cell activity and contains the organelles.

Q. Why is it important to take vitamin daily?

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### Main three types of foods:

Food element	Composition	Types	Sources	Functions
<b>Protein</b> (Absorbed by the body as amino acid)	Carbon, hydrogen, oxygen and nitrogen <u>Additional:</u> Sulphur, phosphorous and iron	Animal protein	Fish, meat, eggs, cheese, posset, liver	Repair and build body's tissues, allows metabolic reactions to take place and coordinates bodily functions
		Animal protein	Pulses (dal), nuts, bean seeds	
<b>Carbohydrates</b> (Absorbed by the body as glucose)	Carbon, hydrogen and oxygen	Mono-saccharide	Honey, fruit juice	Provide energy, store energy and build macromolecules
		Di-saccharide	Sugar, milk	
		Poly-saccharide	Rice, wheat, potato, green leaf and vegetables	
<b>Fats</b> (Absorbed by the body as fatty acid)	Carbon, hydrogen and oxygen	Vegetable fat	Soya bean, mustard, nuts, sunflower, corn oils	Produces heat and energy structural component and carrier of vitamins
		Animal fat	Ghee, dalda, egg yolk	

Q. Why is protein considered as an important food element?

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