

COMPONENTS OF FOOD

Food contains various chemical substances required by our body that provide nourishment.

NUTRIENT: The substance obtained from food and used in the body to promote growth, maintenance and repair of body tissues are called nutrients.

Nutrients are classified into:

- ✓ Carbohydrates
- ✓ Fats
- ✓ Proteins
- ✓ Vitamins
- Minerals

CARBOHYDRATES (energy giving food):

- 1) It consists of carbon, hydrogen, oxygen.
- 2) It is of two types simple sugar and complex sugar
- 3) Simple sugars: glucose, fructose
- 4) Simple sugars provide instant energy but produce less energy.
- 5) Complex sugars: starch, cellulose
- 6) Fruits contains glucose and fructose
- 7) starch releases more amount of energy
- 8) Starch is not sweet in taste and is insoluble in water.
- 9) Starch is present in potatoes, rice etc

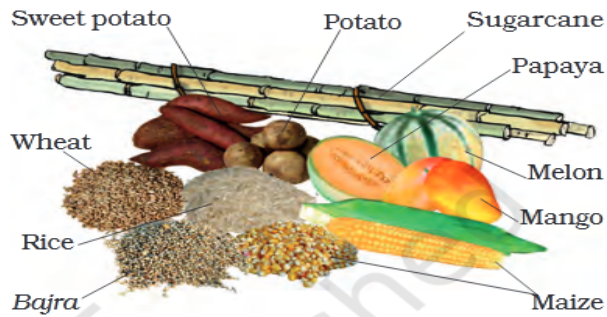


Fig. 2.3 Some sources of carbohydrates

FATS(energy giving food):

- It is the major storage form of energy.
- It produces more energy compare to carbohydrates.
- It also prevents the loss of heat from the body and cushion the internal organs.

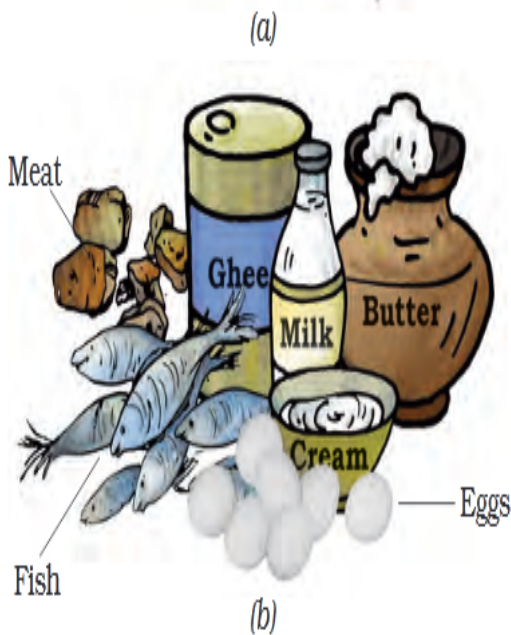
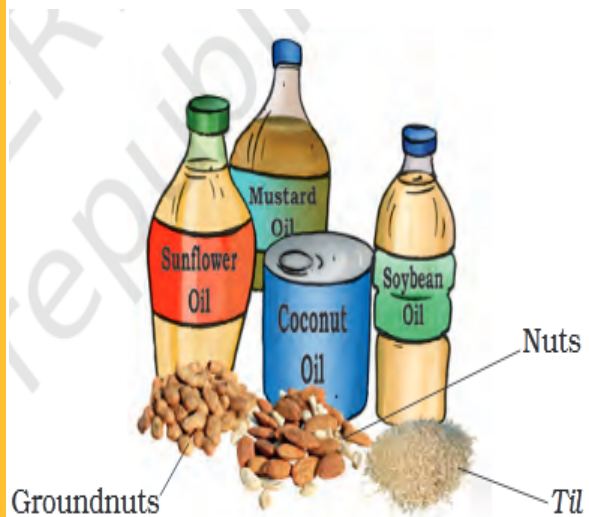


Fig. 2.4 Some sources of fats: (a) plant sources and (b) animal sources



EXERCISE:

Q1. Name the major nutrients in our food.

Q2. Write difference between simple sugar and complex sugar.

Q3. Define: Nutrients

Q4. Give examples of :

a. Energy giving food

b. Fat

Q5. Why it is not recommended to include starchy food in our diet?