

Topic: → Food Teacher - M. Rafique.

Mob -

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Food: - food is essential for all animals including human beings.

food is any substance.

Consumed to provide nutritional support for an organism. food is usually of plant or animal origin.

Component of food: → The food that we eat consist of different components or nutrients. Nutrients are substances that are needed by our body for proper growth and healthy body function.There are ~~6~~ 7 main components present infood: - (1) Carbohydrates (2) fat (3) Protein. (4) Vitamin (5) mineral (6) Water (7)

roughage: -

(i) Carbohydrates: → Carbohydrates provide energy to your body. Source → fruits, sugar, rice, potato, corn, wheat etc.(ii) fat: → fat provide energy to your body. It provide 2.5 time more energy than the carbohydrates. Source: - oil, ghee, milk etc.(iii) Protein: → Protein are needed by our body for muscle building and repairing worn out tissues. Source: → meat, fish, egg, milk, pulses, gram etc.(iv) Vitamin: → Vitamin needed for the proper functioning of our body: → Source: Vegetable, fruits.(v) mineral: → Just like vitamins minerals also help in our body to stay healthy. Source - Vegetable, fruits.(vi) - Water: → help in metabolic activity.(vii) - Roughage: → The portion of the plant food that do not provide any nutrients to our body but help in maintaining a healthy digestive system.

Class - 6

Q: → Make a table and list any 10 food item
eat daily types of nutrient you get from it.