

Class 6

Chapter 2

Components of food

NUTRIENTS:

Nutrients are the building blocks of living organisms. The substances that are helpful in the growth and maintenance of a body are called NUTRIENTS. Food is comprised of many different components. Nutrients are nothing but components of food.

TWO CATEGORIES OF NUTRIENTS:

***MACRONUTRIENTS:**

-Carbohydrates

-Proteins

-Fats

***MICRONUTRIENTS**

-MINERALS

-VITAMINS

There are 7 components of food :

CARBOHYDRATES

PROTEINS

FATS

MINERALS

WATER

ROUGHAGE

VITAMIN

CARBOHYDRATES

Carbohydrates are consisted of carbon, hydrogen and oxygen atoms. Carbohydrates are also called CARBS. It is the major source of energy. It is obtained from plants. Carbs found in the form of starch and sugars in our food.

#EXAMPLE: wheat, rice, potato, sugar etc.

PROTEINS

Proteins help in growth, repair, building bones and muscles in our body. Protein containing foods are also called as "BODY BUILDING FOODS".

#EXAMPLE: Pulses, peas, nuts, eggs, fish etc.

FATS

Fats are energy giving food. Helps our body absorb vitamins.

#EXAMPLE: Cheese, butter, milk, meat etc.

MINERALS

Minerals are needed in small unit by our body. Minerals build strong bones and teeth. Minerals control body fluids inside and outside cells.

#EXAMPLE: Calcium, iron, iodine, potassium etc.

WATER

Water is an essential part of human diet. Water transport digested food to the cells of body. Water helps to get rid of waste products from the body. Water helps to absorb nutrients from food. Water helps in regulation of temperature of our body.

#SOURCES OF WATER:

Fruits, vegetables, milk, drinking water etc.

ROUGHAGE

Roughage are DIETARY FIBRES. Roughage helps our body get rid of undigested food. That is why it is said to eat fruits than juice. Roughage neither gives energy nor builds our body.

#SOURCES: Fruits, vegetables, cabbage .

VITAMINS

Vitamins are also needed in small amount by our body. Vitamins protect our body from diseases.

#CLASSIFICATION OF VITAMINS:

*WATER SOLUBLE: -Vitamin B

-Vitamin C

*FAT SOLUBLE: – vitamin A

-Vitamin D

-Vitamin K

-Vitamin E

#SOURCES: milk, fruits, vegetables, eggs etc.

#DEFICIENCY DISEASES:

The diseases caused due to lack of nutrients are called deficiency diseases. These can be prevented by taking all the nutrients in sufficient amount or we can say by taking a balanced diet.

VITAMIN A

It keeps our skin and eyes healthy.

#Source: milk, mango, eggs, fish, green vegetables, fish oil, cheese etc.

#DEFICIENCY DISEASE: Loss of vision

VITAMIN B

#SOURCE: Potato, rice, yeast, soya products, meat etc.

#DEFICIENCY DISEASE: BeriBeri(VITAMIN B1)

VITAMIN C

It helps us to fight against diseases.

#SOURCE: citrus fruits, amla, lemon, tamrind etc.

#DEFICIENCY DISEASES: Scurvy, bleeding gums

VITAMIN D

It helps our body to absorb calcium and minerals.

#SOURCES: Sunlight, milk, fish, egg, butter etc.

#DEFICIENCY CAUSES: Rickets, bending of bones

VITAMIN E

#SOURCES: Avocados, blackberries, mango, olive oil, sunflower oil, nuts, spinach, tomato, sweet potato etc.

#DEFICIENCY CAUSES: Irregular blood circulation

VITAMIN K

Necessary for blood clotting.

#SOURCES: Spinach, soybean, tomato, cabbage etc.

#DEFICIENCY CAUSES: Brain hemorrhage

CALCIUM

Keeps bones and teeth healthy

Blood clotting

#SOURCES: Milk, cheese, leafy vegetables, beans etc.

#DEFICIENCY CAUSES:

Bone and tooth decay

IODINE

Needed in small quantity.

#SOURCE: sea food, iodized salt.

#DEFICIENCY CAUSES: goiter

IRON

Helps in preparing haemoglobin

#SOURCES: Liver, bajra, ragi, eggs etc.

#DEFICIENCY CAUSES: Anaemia

Q.1 Question and Answer

1. Name the major nutrient of food?

2. Which deficiency diseases protect from iron?

Q.2 Define:-

(a) Proteins

(b) Fats

(c) Minerals