

Short Notes Components of Foods

- All living organisms such as plants and animals require food. So food is essential for all living organisms.
- Carbohydrates, proteins, fats, vitamins and minerals are essential components of food, these components are called **nutrients**.
- In addition food also contains dietary fibers and waters

Organisms need food (nutrients) to

obtain energy

obtain materials for growth

obtain materials for repair of damaged body parts

carry out life processes

Energy-giving food	Carbohydrates and Fats. Carbohydrates provide us instant energy. Fats are stored energy resources
Body-building food	Proteins are considered to be body-building food as they help in body growth and repair of damaged parts of the body.

Protective food	Vitamins and minerals are considered to be protective food as they protect us from many diseases. They give us resistance against disease causing germ
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Explanation

Carbohydrates and Fats	Carbohydrates in our food are mainly sugar, starch . Starch is present in grains like rice, wheat, maize, tubers like potatoes etc. Sugar is the sweet substance. Common sugar we use is Sucrose and it is obtained from Sugar cane Fats are stored energy resource. Animal sources include milk, butter, ghee, cheese and meat and Plants resources like oil are rich resources of fats
Proteins	Proteins are considered to be body-building food as they help in body growth and repair of damaged parts of the body. Animal sources like eggs ,fish, meat, milk, cheese and Plant sources like pulses of beans are resource of proteins Proteins are broken-down by the digestive system into amino acids (which can be absorbed into the blood).
Vitamins and Minerals	Vitamins are protective food as they protect us from many diseases. They give us resistance against disease causing germ Vitamins are A,B,C,D,K,E. They are obtained from Fruits,vegetables, fish liver oil, milk, eggs, Minerals are also required in small quantites. Minerals include sodium,Calcium,Potassium ,iodine and phosphorous

What is Balanced Diet?

A balanced diet is food intake that includes all of the dietary needs of the organism in the correct proportions.

Balanced diet comprises the components like carbohydrates, proteins, fats, vitamins, minerals and sufficient amount of water. Balanced diet keeps our body fit and resistant to diseases