



THE FOOD WE EAT

Food contains the nutrients. Nutrients are the substances needed by our body to grow, remain healthy and also to fight diseases. Food eaten by us is used by our body for the following purposes:

- To give us energy to do work
- To protect us from diseases
- To build and repair the parts of our body that have been damaged
- For growth

Nutrients In Food

In order to meet the demands of the body we need to eat food items that contain different nutrients.

There are five different nutrients that are needed by our body. Each one has a different function.

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals

Carbohydrates

- Carbohydrates are energy giving nutrients.
- Starch and sugar are the two types of carbohydrates consumed by us.
- Examples of food items rich in starch are potato, rice, wheat and corn.
- People who are involved in lots of physical labour, such as sportspersons and labourers need more carbohydrates to fulfil their energy-needs.



Proteins

- Proteins help to build, maintain and repair the tissues in our body.
- They are also known as body-building foods.
- In children, the growth of cells is more compare to the adults. Therefore, growing children should consume more protein than adults.

- Some good sources of proteins are meat, fish, eggs, milk, curd, cheese, other milk products, nuts and pulses.



Fats

- Fats provide us with more energy than carbohydrates.
- They are also energy-giving foods.
- They act as the body's reserve tank of energy.
- They protect vital organs by providing cushioning.
- Fats also help to keep the body warm during very cold weather.
- Butter, ghee, oil, nuts, and cheese are sources of fat.
- Too much fat in the diet may lead to obesity or overweight.



Vitamins and Minerals

Vitamins are substances that are found in foods we eat. They are protective foods. There are many vitamins and each one has some special role to play. Vitamin D builds strong bones and Vitamin C helps our body to heal in case of an injury.

Besides vitamins, minerals are also protective foods. Calcium, iron and iodine are some examples of minerals. Green leafy vegetables, fruits, milk and fish are some food rich in vitamins and minerals.

Roughage and water

Besides the different nutrients our body requires roughage and water. The food that we get from plants is rich in fibre or roughage. We cannot digest roughage but it helps in removing toxins

from our body and helps food move through digestive system. Food items such as fruits and vegetables are rich in roughage. Lack of roughage in our diet leads to constipation.



Water is also an important part of our diet. We need approximately 8 glasses of water daily for functioning of our body. Water helps us to eliminate waste from our body in form of urine and sweat. Water is also required to regulate nutrients in our body.

Balanced Diet

A diet which has all the nutrients i.e. Carbohydrates, proteins, vitamins and minerals along with roughage and water in the right amount is called balanced diet. We should eat balanced diet to remain healthy.



Preservation of Food

Food preservation is done to prevent food from spoiling. Food may get spoiled when germs grow on it. Food is preserved by freezing, drying, salting, pickling using oil, canning and bottling.

Food can be preserved or stored in different ways:-

- Pickling of mango and some other fruits and vegetables.
- Keeping left over food items in refrigerator.
- Drying certain leafy vegetables for later use.
- Keeping pulses and other items in air tight containers.

