



Ms. Abniki

What are Nutrients?

Definition: *substances in food that your body needs to function properly throughout the day.*



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**Nutrition =
feeding
(giving food)
to the body**

NUTRITION



Nutrition

Carbohydrates

Vitamins

Water

Fats

Protein

Fiber

Minerals





fiber, carbohydrates , proteins



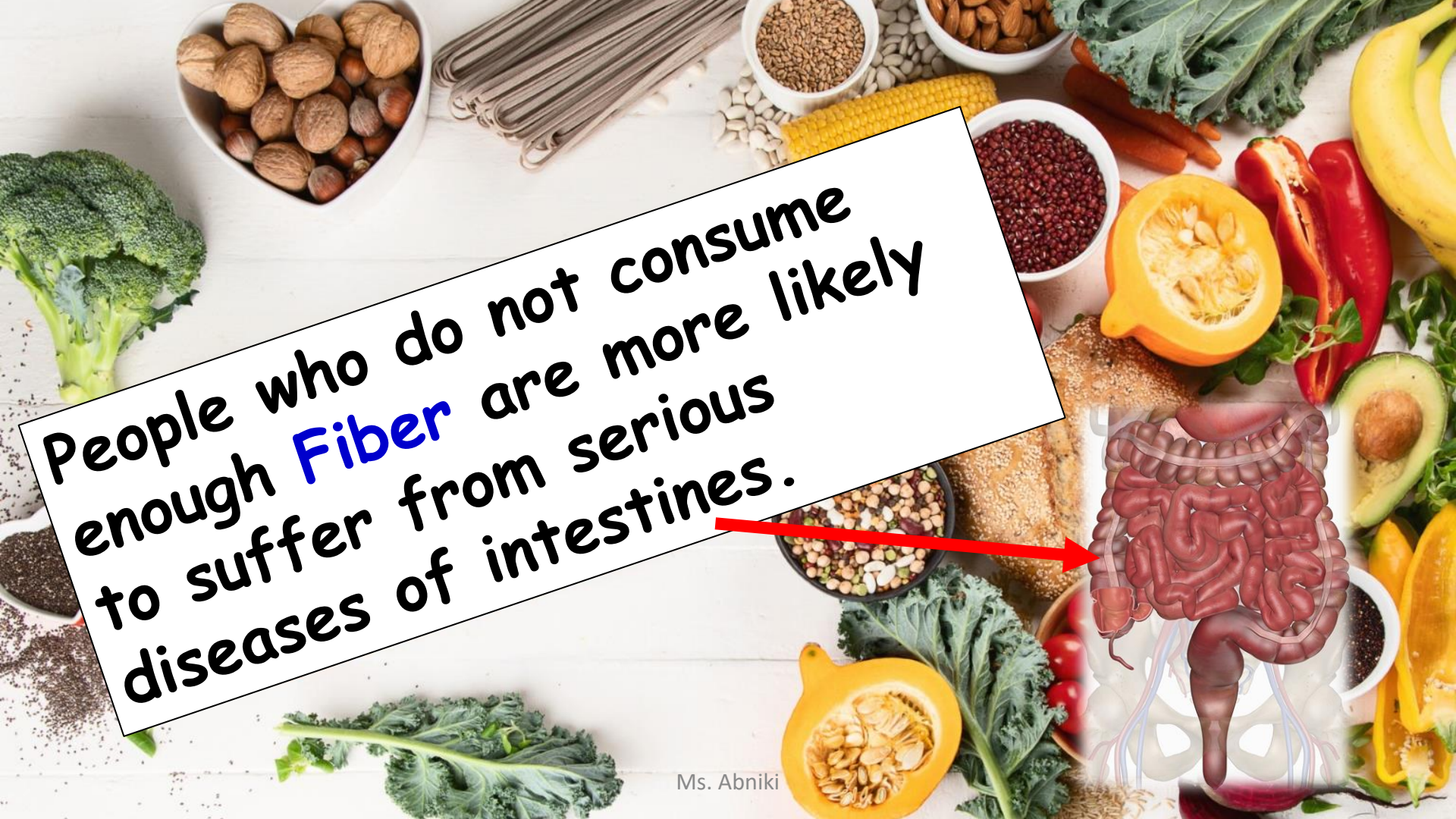
FIBER

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Take it easy



Fiber does not provide nutrition, but it helps bulk up waste so that it passes easily through the body.



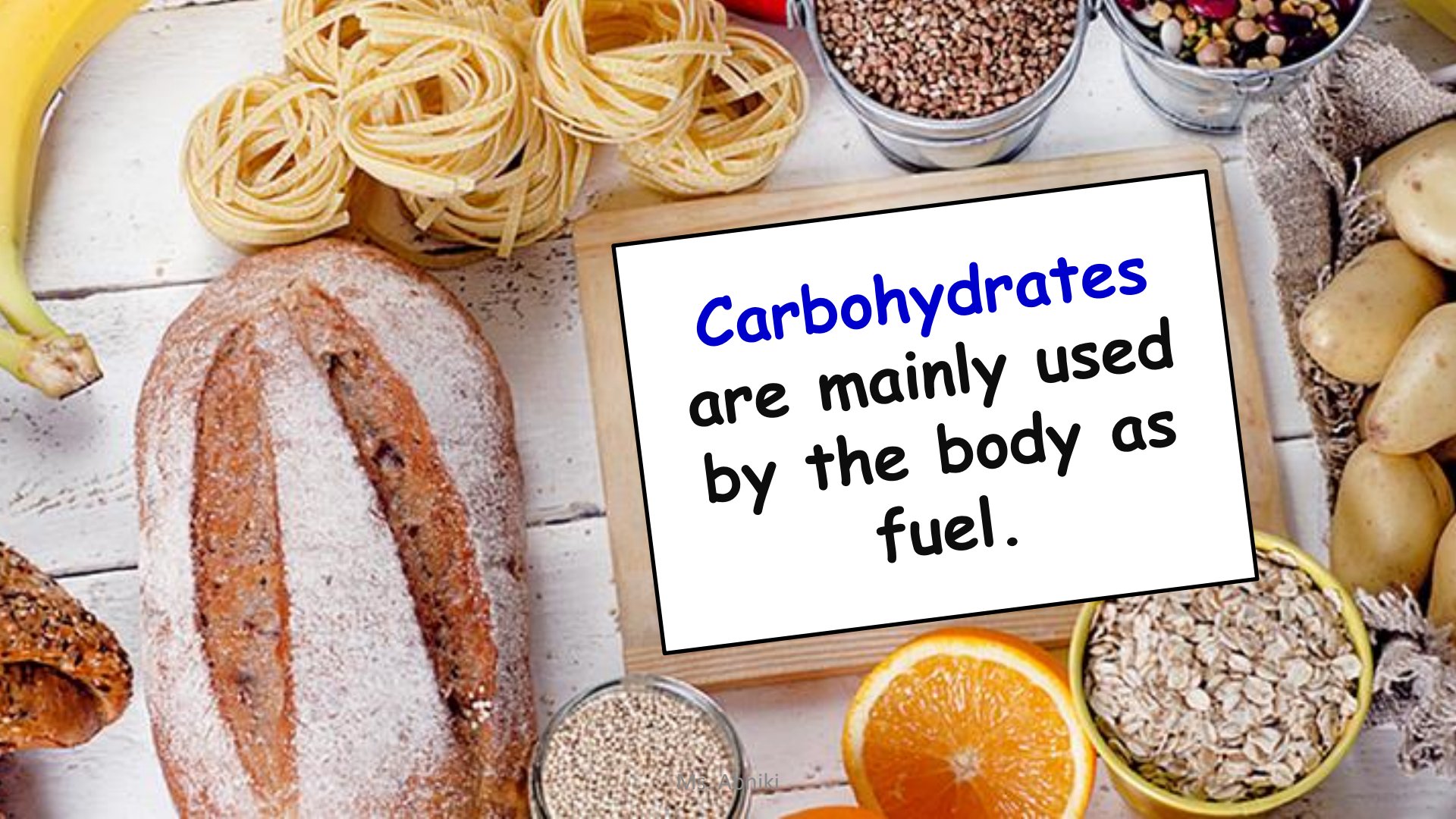
People who do not consume enough **Fiber** are more likely to suffer from serious diseases of intestines.

Foods High in Fiber

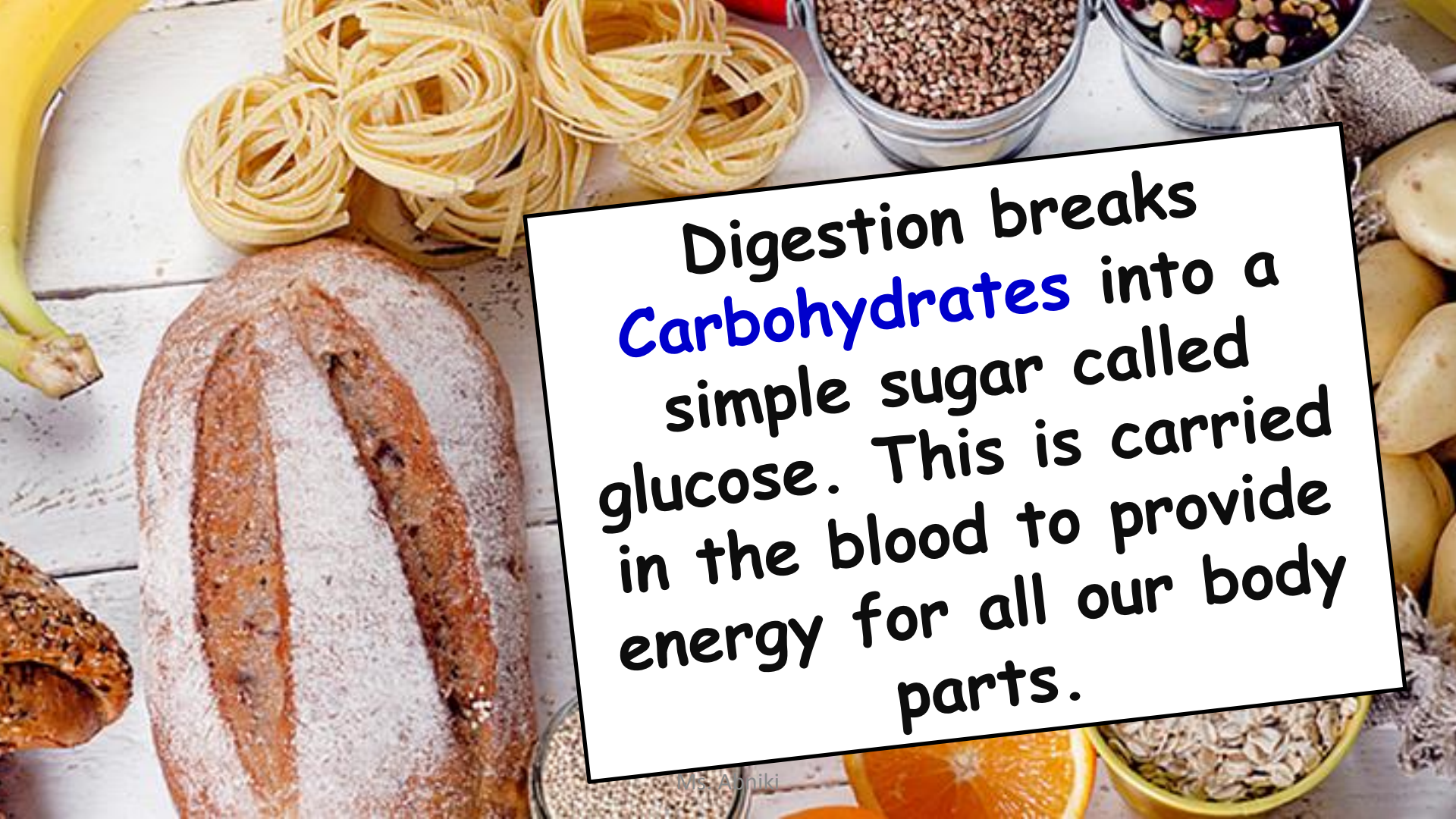


A top-down view of various carbohydrate-rich foods arranged around a central text label. The foods include apples, chickpeas, lentils, wheat berries, quinoa, cornmeal, penne pasta, bread, rice, chickpeas, lentils, and various types of pasta. The central text label reads "CARBOHYDRATES".

CARBOHYDRATES

A top-down view of various carbohydrate-rich foods arranged on a light-colored wooden surface. In the center, a white rectangular box with a black border contains the text. Surrounding the box are a loaf of rustic bread, a bowl of uncooked spaghetti, a bowl of brown lentils, a bowl of mixed beans, a bowl of oats, a bowl of sesame seeds, a sliced orange, and a bunch of potatoes in a burlap sack. A banana is partially visible on the left side.

Carbohydrates
are mainly used
by the body as
fuel.

A collage of various carbohydrates including bread, pasta, grains, and fruits. The background features a loaf of bread, a bowl of spaghetti, a bowl of grains, a bowl of mixed beans, a bowl of oats, and slices of oranges. A white text box with a black border is overlaid on the image.

Digestion breaks
Carbohydrates into a
simple sugar called
glucose. This is carried
in the blood to provide
energy for all our body
parts.