



# **Nutrition Education**



# Nutrition

---

What Is It and  
Why Is It  
Important

# What Is Nutrition?

The process by which the body takes food and uses it.





# What is a Nutrient?



**-A nutrient is a chemical substance in food that helps maintain the body.**

**-Some provide energy.**

**-All help build cells and tissues, and regulate bodily processes such as breathing.**

**-No single food supplies all the nutrients the body needs to function.**

# The Six Essential Nutrients



❖ Carbohydrates

❖ Proteins



❖ Fats



❖ Vitamins



❖ Minerals and water

# Nutrients That Have Calories:

✓ Proteins



✓ Carbohydrates



✓ Fats

