



Science 9

Ms. Asgari



A little
note to say
Hello
friend



CHAPTER

1

Food and Nutrition



What are **nutrients** ?

- **Nutrients** are some **substances** that a body uses to build, **repair** and **maintain** itself. They are the good things we eat or drink that are helpful for our body.

substance = material



repair = fix

maintain = keep

Feeding(giving food) the body with nutrients is called **nutrition**.

There are 5 types of nutrients:

- Vitamins
- Carbohydrate
- Proteins
- Fats
- Minerals



Fibre or roughage is also an important part of our diet.

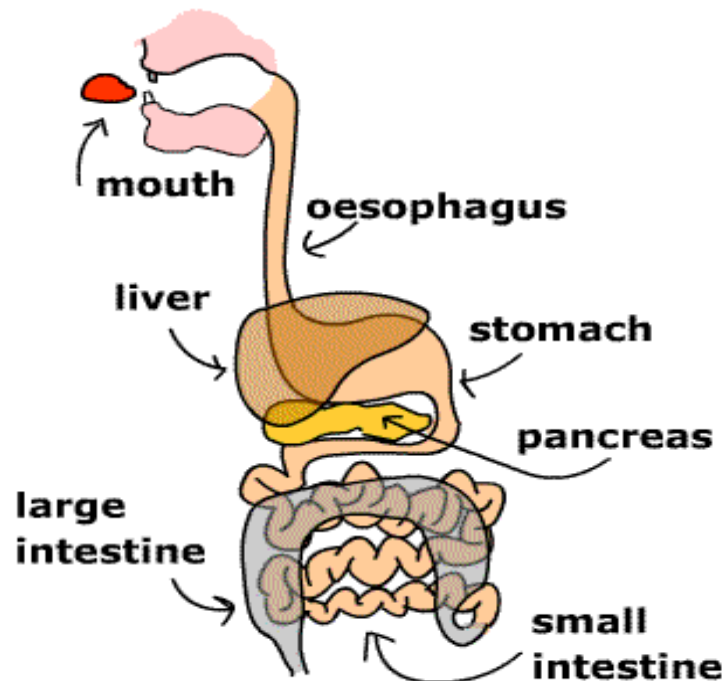
Fiber doesn't provide nutrients but helps the body waste to pass easily out of the body.



Carbohydrate is the body fuel.

Digestion breaks carbohydrate into sugar called "glucose".

Glucose goes to different part of our body in blood and gives us energy.



Protein has got many important jobs. It helps the body grow and repair.



Fats are important in building body parts.
They are also a fuel for energy.

Too much fat
can make you
obese.



Minerals are such as calcium, salt and iron.
They carry **oxygen** in the blood.



Sources of minerals:

green vegetables and liver: iron



dairy products: calcium



salt: sodium

Vitamins are really helpful and body needs a little of them .

vitamins



Copy and complete this table with a description of the importance of each food group.

	Nutrient	Importance in the diet
1.	carbohydrates	provide energy
2.	proteins	
3.	fats	
4.	vitamins	
5.	minerals	
6.	fibre	



THE END

