

Primary Science

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	Help us grow, and make repairs when a body part is damaged
3.	fats	Build body parts, and keep them work properly

3.

fats

Build body parts, and keep them work properly

4.

vitamins

Special substances that body needs in tiny amounts

5.

minerals

Carry oxygen in the blood, and control blood pressure

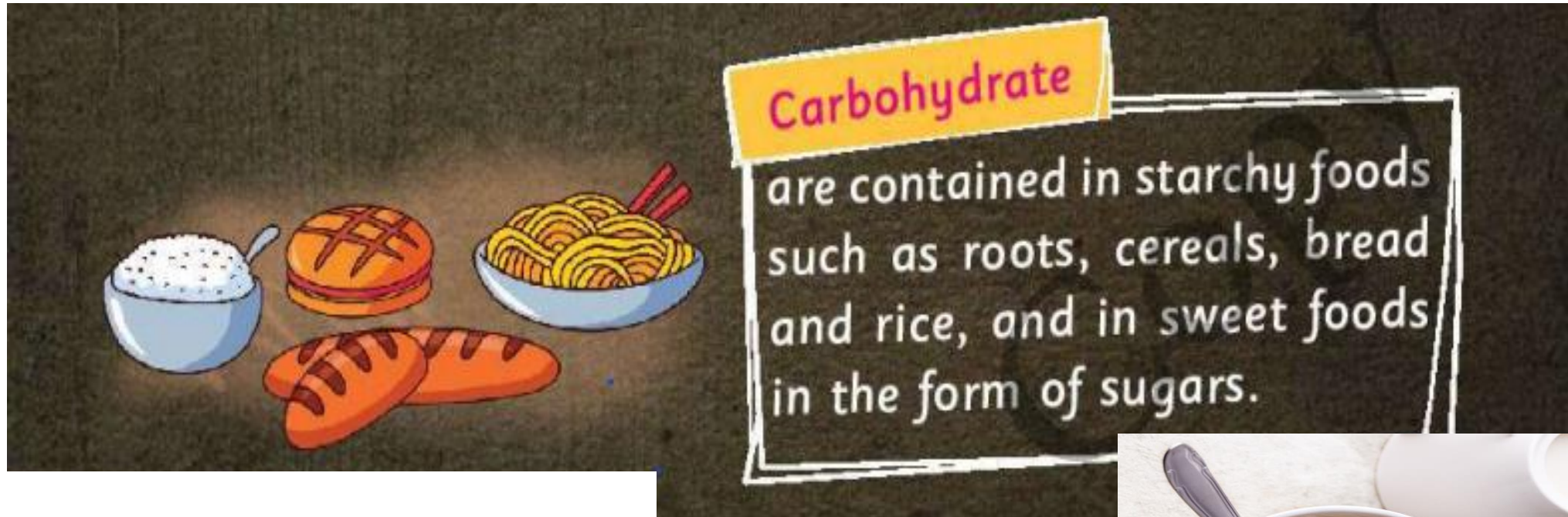
6.

fibre

Helps to bulk up the waste in the body



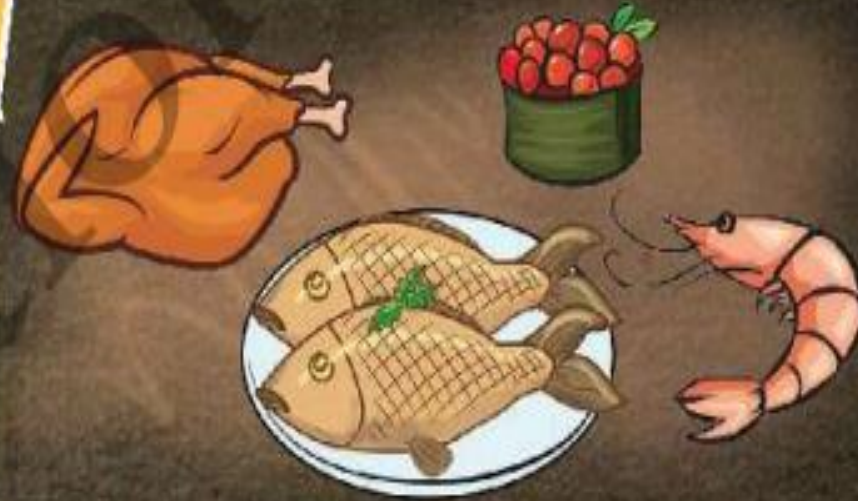
Sources of Carbohydrates



Sources of proteins

Proteins

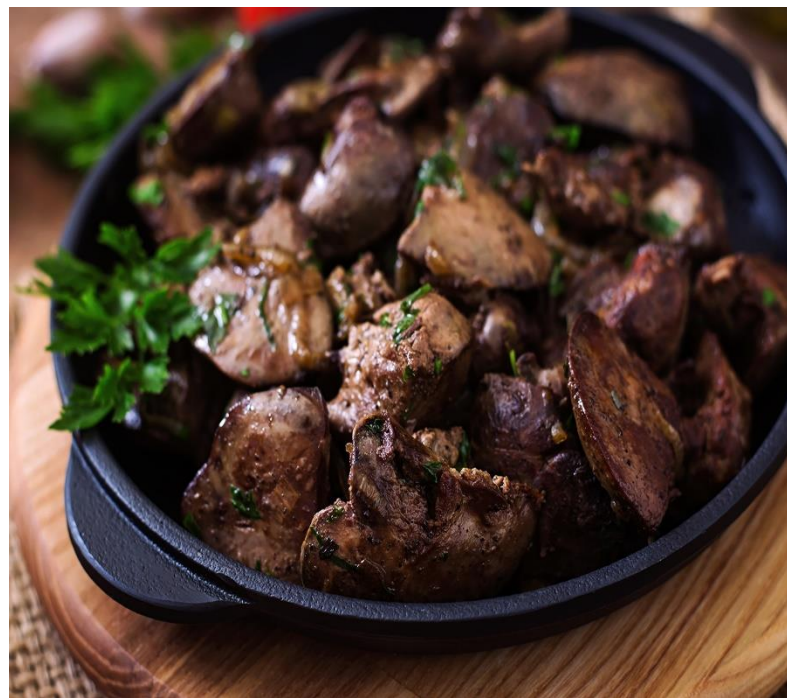
are contained in meat, dairy products, fish, beans, seeds and nuts.



Sources of fat



Vitamin **A** Sources



What does *Vitamin A* do?



It keeps eyes healthy

Vitamin **B1** Sources



What does Vitamin B1 do?



Keeps nerves healthy

Vitamin **B2** Sources



What does Vitamin B2 do?



Keeps the skin healthy

*** 1.2. Sources of minerals and vitamins**

Different foods contain different amounts of the important nutrients we need. This is why we must eat a mixture of different foods – not just one type of food all the time. Foods may be grouped as sources of carbohydrate, protein or fat.

Carbohydrate

are contained in starchy foods such as roots, cereals, bread and rice, and in sweet foods in the form of sugars.



Proteins

are contained in meat, dairy products, fish, beans, seeds and nuts.



Fat-rich foods

are butter, margarine, groundnuts, animal and plant oils and fatty meat.



Sources of minerals and vitamins

This table lists some different vitamins and their importance in the body.

A	B1	B2
<p>egg yolk milk liver carrots green vegetables</p>	<p>pineapples rice meat green vegetables egg yolk apricots beans</p>	<p>meat beans egg yolk green vegetables</p>
keeps eyes healthy	keeps nerves healthy	keeps the skin healthy