



nutrients

Substance=materials

Maintain=keep

Roghage=fibre

teachoo

Examples of Pure Substance



Pure Water



Oxygen



Salt





1.1. Different nutrients

All living things need nutrients. **Nutrients** are the substances a body uses to build, repair and maintain itself. The process of feeding the body with nutrients is called **nutrition**.

There are five main types of nutrient we need from our food. These are carbohydrates, proteins, fats, minerals and vitamins. A sixth important part of our diet is roughage or fibre.





1.1. Different nutrients

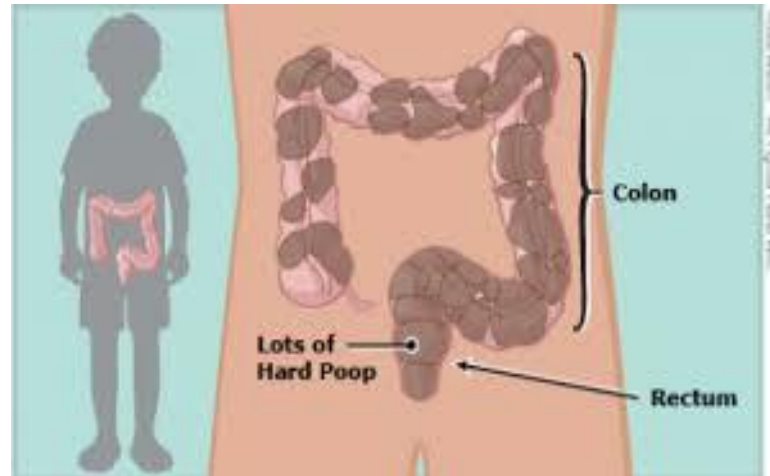
All living things need [redacted]. **Nutrients** are the [redacted] a body uses to build, repair and [redacted] itself. The process of feeding the body with nutrients is called [redacted].

There are five main types of nutrient we need from our food. These are [redacted] proteins, fats, minerals and [redacted]. A sixth important part of our diet is [redacted] or fibre.

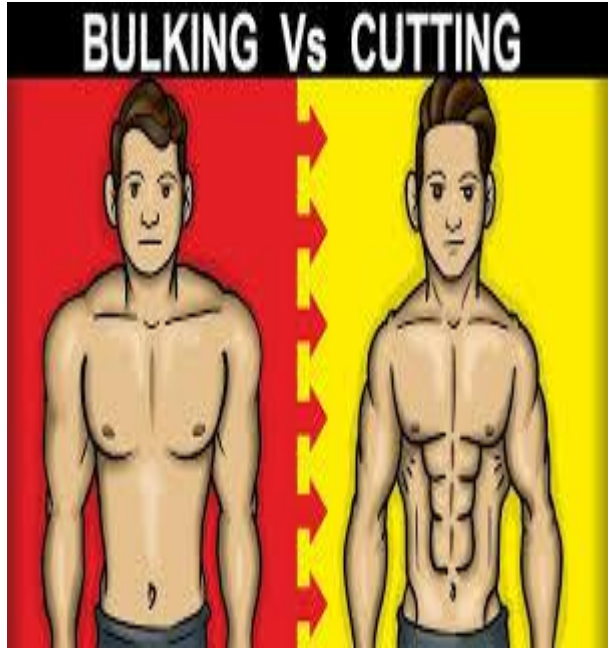


Bulk up=to increase muscle

Constipation



intestines



Consume=use

Suffer=hurt

Fibre

Fibre does not provide nutrition, but it helps bulk up waste so that it passes easily through the body. People who do not consume enough roughage are more likely to suffer from constipation, which can sometimes lead to more serious diseases of the intestines.



Food game

Put the food in the correct nutrient place.



Write the ingredients in Gheymeh and Ghormeh .
Put the ingredient in correct nutrients



