NUHRHNHS

Grade -7ab

NUTRIENTS

- Everyone enjoys eating tasty food
- Foods gives us pleasure. It also gives us the nutrients that we need to stay healthy
- The nutrients that we need to eat in the largest quantity are protein, carbohydrate and fat
- Different kinds of food contain different nutrients





NUTRIENTS ARE SUBSTANCES IN FOOD THAT THE BODY USES



To provide energy



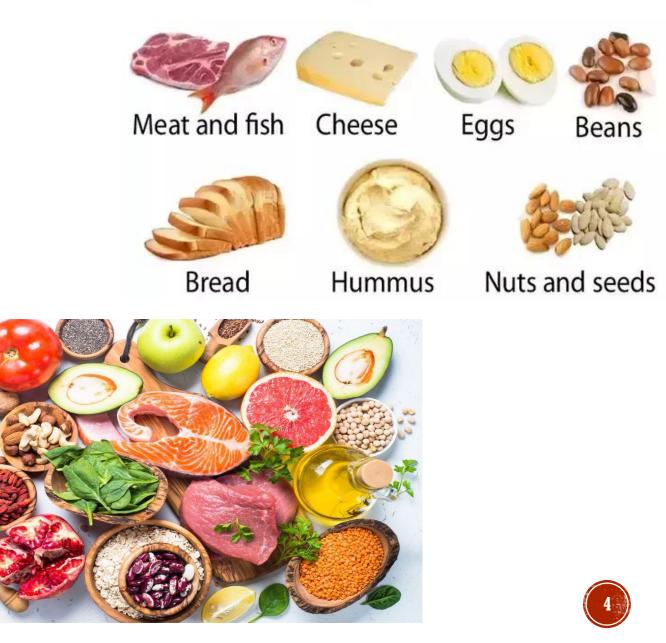
To provide materials for making the chemicals that are need to make cells and other parts of the <u>body</u>



Foods High in Protein

PROTEINS

- Protein is uses for making new cells.
- Protein is also used for making many important chemicals in the body, such as enzymes, and antibodies.
- Cells can use protein to supply energy



CARBOHYDRATE

- Carbohydrate is uses to provide energy.
- Starch and sugar are two kind of carbohydrate.
- Carbohydrates are found in a wide array of both healthy and unhealthy foods bread, beans, milk, popcorn, potatoes, cookies, spaghetti, soft drinks, corn, and cherry pie.



FATS

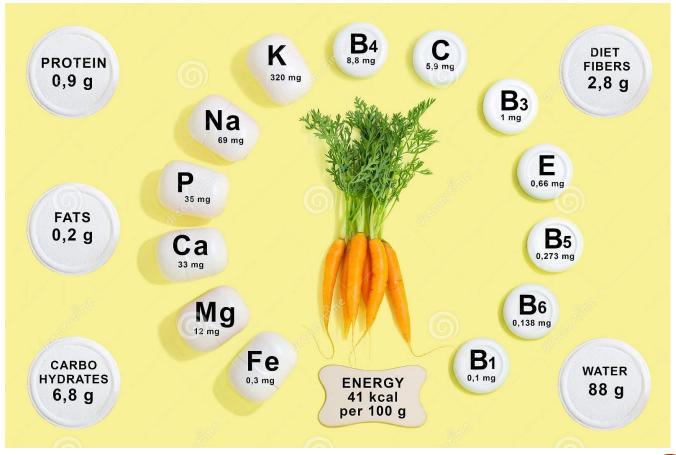
- Fats also provides energy.
- Fat can be stored in the body.
- Fat stored underneath the skin provide insulation.
- Fat is needed to make cell membrane





VITAMIN AND MINERALS

- Vitamin and minerals are nutrients that we need in only very small quantities
- They do not provide energy
- There are many different kind of vitamins and minerals that we need eat
- Fruit and vegetables are good source of some of them





FIBER AND WATER

- Fibre helps to keeps food moving easily through the digestive system
- We get fibre from fresh fruit and vegetables, and also from foods made from whole seeds such as brown rice or wholemeal bread
- Water is sometimes considered to be nutrient
- Between 60% and 70% of the body is made up of water





HHANK YOU

https://www.youtube.com/watch?v=a-084pqI05U