# 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



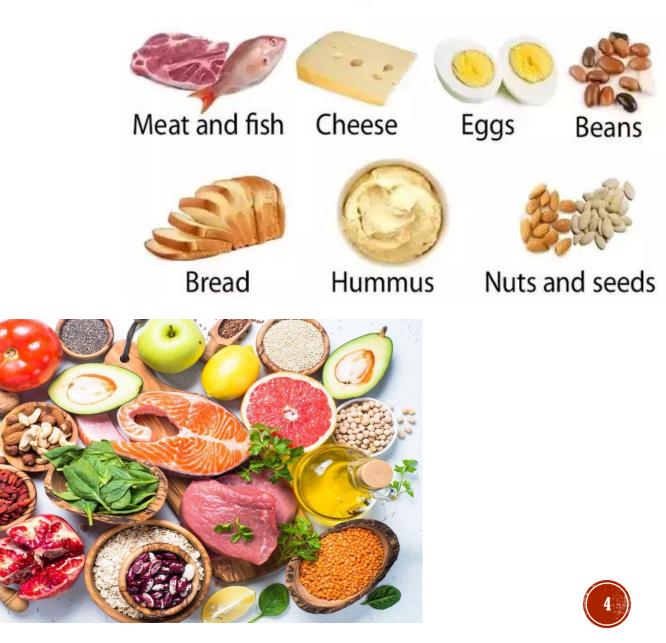
To provide materials for making the chemicals that are need to make cells and other parts of the <u>body</u>



#### Foods High in Protein

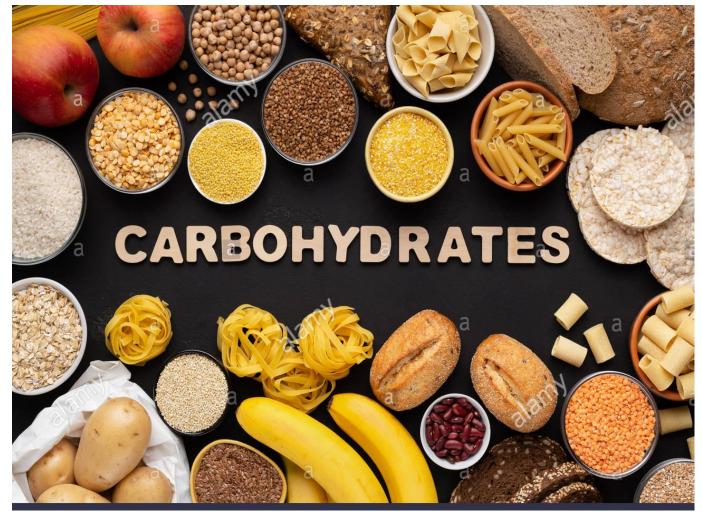
### PROTEINS

- 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



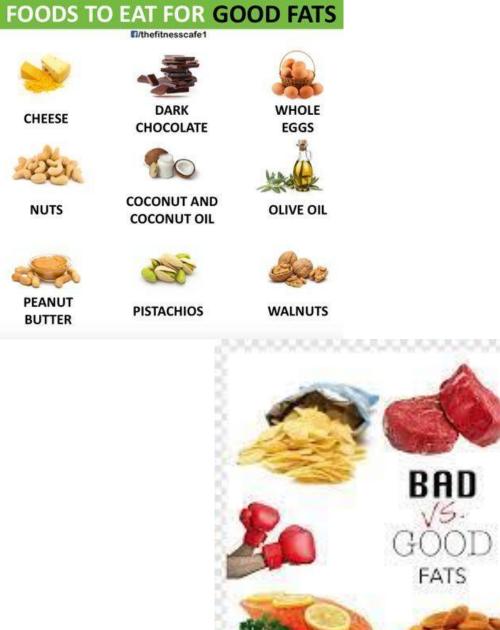
#### CARBOHYDRATE

- 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

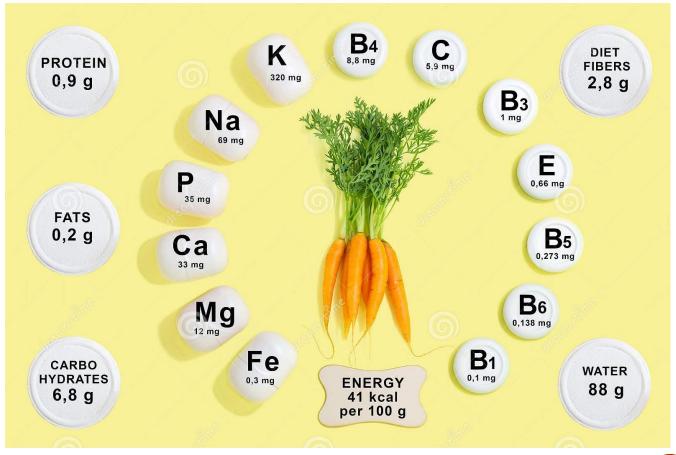
- Fats also provides energy.
- Fat can be stored in the body.
- Fat stored underneath the skin provide insulation.
- Fat is needed to make cell membrane





#### 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