

# NUTRIENTS

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 body









# CARBOHYDRATE

- Carbohydrate is used to provide energy.
- Starch and sugar are two kinds 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

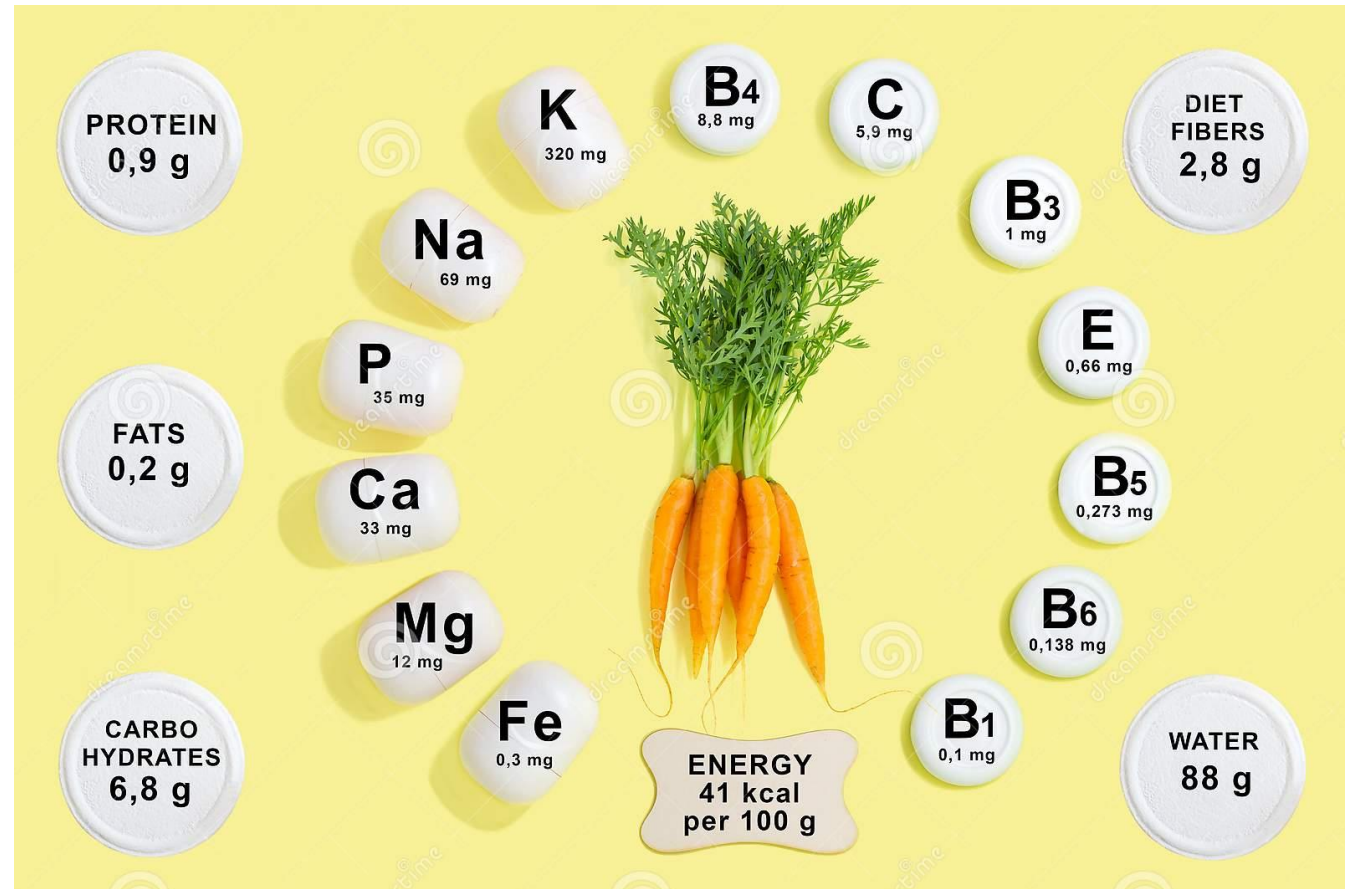
- Fats also provides energy.
- Fat can be stored in the body.
- Fat stored underneath the skin provide insulation .
- Fat is needed to make cell membrane





# 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







# THANK YOU

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

