

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-3

SUBJECT-SCIENCE

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CLASSIFICATION OF FOODS ON THE BASIS OF THEIR CHEMICAL NATURE-

1 CARBOHYDRATES

Carbohydrates are the sugars and starches found in fruits, grains, vegetables and milk products. Though often maligned in trendy diets, carbohydrates are important to a healthy diet.



2 PROTEINS

Protein makes up the building blocks of organs, muscles, skin, and hormones. Your body needs protein to maintain and repair tissues.



3 FATS

Fats are a source of energy, temperature regulation and vitamin absorption. Fats can be found in various foods, like dairy products, meat, fish, whole eggs, vegetables, nuts



4 FIBER

Fiber can be found in fruits, vegetables, pulses, and whole grains. Fiber is needed to keep our digestive system healthy, prevent coronary heart diseases, bowel cancer, and diabetes.



5

MINERALS

Minerals represent various functions like building blocks for our muscles, bones and teeth, carrying oxygen in our body, and keeping fluids balanced.



6

VITAMINS

Vitamins are found in all fruits and vegetables. They are an essential for regulating and maintaining the immune system.



7

WATER

Water is necessary for digestive processes. It maintains the body pH at the right level and helps in the sustenance of body fluids.



CLASSIFICATION OF FOODS ON THE BASIS OF THEIR FUNCTIONS IN THE BODY-

1. Body-building foods

2. Protective foods

3. Energy-giving foods

1. Body- building foods

Bodybuilding foods (proteins)

These are the foods that help in building the body tissues for example muscles.

They also help in the growth and repair of these body tissues.

See the following examples:



2. Protective foods

Protective foods

These are foods that help in protecting the body from diseases.

These foods also help the body to heal much faster.

Protective foods help the body to stay healthy



3. Energy-giving foods

Energy giving foods (carbohydrates)

These are the foods that give the body strength to work.

These foods help the body to carry out its normal bodily functions like breathing, circulation, and digestion.

They also help in doing other external work like walking, running and carrying goods.

