

FOOD , HEALTH AND DISEASES

SUBJECT TEACHER-SONI KUMARI

CARBOHYDRATES

Carbohydrates give us energy to work and play . They are basically sugar and starch . They break down into glucose . If eaten in excess , they are stored in our body in the form of fat . Bread , rice , wheat , banana , sugar and potato are rich sources of carbohydrates . Carbohydrates are also called energy – giving foods .

FATS

Fats also give us heat and energy . They are made up of fatty acids . The excess intake of fats makes us obese and give rise to heart diseases . Butter , ghee ,oil , cheese and full cream milk are the rich sources of fats . Fats are also called energy – giving foods .

PROTEINS

Proteins repair our worn – out cells and tissues . Proteins are essential for the growth of our bones , muscles ,nails and hair . Children need a lot of proteins to grow well . Beans ,meat , fish , eggs , nuts , milk and milk products are rich sources of proteins . Proteins are also termed as body – building foods .

Don't s write only read it .

B .Fill in the blanks :

- 1 . Fats are made up offatty acids... .
- 2 . Vitamins and minerals protect us againstDeficiency diseases... .
- 3 . Excess intake of.....fats..... can make us obese .
- 4Vitamins and minerals..... protects the heart , joints and brain .
- 5 . Deficiency of vitamin D causesRickets..... .

HOME WORK

Do CW in HW .

