

FOOD HEALTH AND DISEASES

SUBJECT TEACHER-SONI KUMARI

COMPONENTS OF BALANCED DIET

We have already discussed about carbohydrates , fats , proteins

Now we discuss about

VITAMINS AND MINERALS

Vitamins and minerals are required by our body in small amounts . They keep our body healthy and diseases free . Deficiency of vitamins and minerals can cause many diseases . Vitamins and minerals are found in fruits and vegetables . They are also called protective foods .

ROUGHAGE

Roughage or fibre helps food and waste to move ahead easily through the digestive system . All fruits and vegetables come from Plants . These food items contain a lot of fibres or roughage .

WATER

Water helps to get rid of waste in the form of sweat and urine . It helps to maintain body temperature . It transports nutrients to various parts of the body .

Don't write only read it

C . Write the sources of the following vitamins :

- 1 . Vitamin A : - Milk , butter , eggs , carrots .
- 2 . Vitamin B : - Seafood , milk , meat , green leafy vegetables .
- 3 . Vitamin C . : - Amla , tomatoes , green leafy vegetables , citrus fruits .
- 4 . Vitamin D : - Sunlight , milk , butter , green leafy vegetables .
- 5 . Vitamin E : - Almond , peanut , sunflower , soyabean .

HOME WORK

Do CW in HW .