

# VIDYA BHAWAN BALIKA VIDYAPEETH

## STUDY MATERIAL SCIENCE

### CLASS-VI

Date : 29-04-2021

Teacher : Poonam Kumari

#### ▶ Components of food

**Food:** It is the group of edible substances which provide energy to the living beings and repair the old tissues and build the new tissues.

**Nutrition:** The process of consuming nutrients required for the growth and development of our body and to obtain energy is known as nutrition.

Our food contains three main substances called nutrients. These are fats, proteins and carbohydrates. In addition, our body requires water, salts (minerals), vitamins and fibres.

**Diet:** It is the amount of food eaten by a person at a time.

**Malnutrition:** If a person does not get adequate food, or if his/her diet does not contain all the nutrients, he or she becomes weak. When the body does not get adequate nutrition, it is said to be suffering from malnutrition.