

**Class : V**  
**Subject : Science**

**For 06.05.2020**

**Topic: Food And Health**

**Today let us study about the Human Nutrition.**

**NUTRIENTS:**

Nutrients are some substances which we need for a healthy body. There are five essential nutrients and two accessory nutrients which we need to maintain a healthy body.

❖ **ESSENTIAL NUTRIENTS:**

• **PROTEINS**

Protein is essential for good health. Protein provides the building blocks of the body, Protein is used primarily for growth, health, and body maintenance.

While meat, fish, and eggs are good sources of essential protein, you can also get protein from plant sources like beans, soya beans, nuts, and some grains.

• **CARBOHYDRATES**

Carbohydrate is necessary for a healthy body. It provides us with the energy to do work.

Whole grain food, cereals, bread, rice etc. are the rich sources of carbohydrates.

• **FATS**

Fats provide us with energy but this energy unlike carbohydrates is stored in the body and so excessive fat can lead to obesity. So it must be present in least amount in our diet. Fats also keep our body warm.

Rich sources of fats are chocolate, oil, butter, ghee, nuts etc.

• **VITAMINS**

Vitamins keep us healthy and fit. They also keep our digestive system proper.

Rich sources of vitamins are green vegetables and fruits, milk, egg, pulses etc.

• **MINERALS**

Minerals help us to fight with diseases to make us fit and healthy.

Rich sources of minerals are vegetables, fruits, egg, fish etc.

❖ ACCESSORY NUTRIENTS

• WATER

Water improves our body function and mood. It helps to flush out toxins, carry nutrients to cells, hydrate the body, and prevent constipation.

• ROUGHAGE

Roughage helps in keeping our digestive system clear. It helps in digestion of food and to remove the undigested food from our body.

Rich sources are fibrous foods like vegetables and fruits.



**Go through the above lesson carefully and then try the following exercises:**

1. Define the term nutrients.
2. Name the five essential nutrients and two accessory nutrients.
3. Explain the role of the following with one rich source of it:
  - a) Water
  - b) Protein
  - c) Vitamins

- d) Carbohydrates
- e) Roughage

4. **Activity:**

List the items you had for breakfast, lunch and dinner yesterday. Beside each item mention its nutritional value. Do the above exercise in the form of a table. Do not forget to mention the date and day below.

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