

Food: edible substances which we eat to get energy for growth, repair and maintenance of the body and to fight against diseases

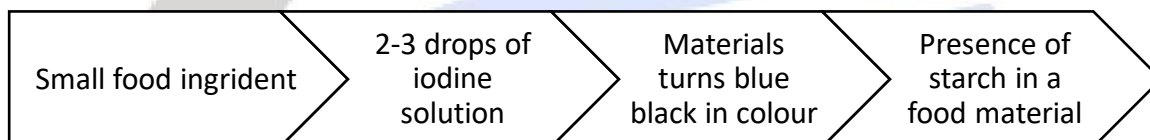
Nutrients: substances in food that your body needs to function properly to grow, repair and Supply energy.

Six Basic nutrients

- Fat
- Carbohydrates
- Minerals
- Vitamins
- Proteins
- water & Roughage

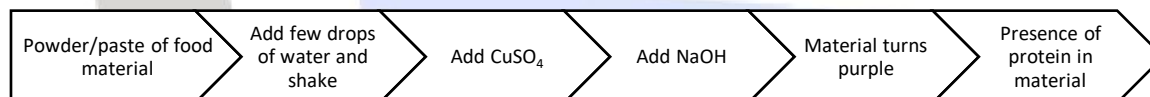
Carbohydrates:

- found in food in form of starch & sugars.
- provide energy to body
- e.g wheat, rice, maize, millet, etc
- mostly found in plant sources



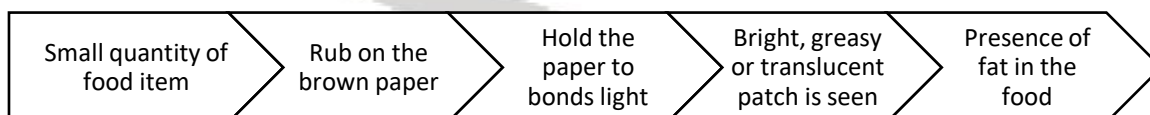
Protein:

- body building food
- require for repair and growth
- Animal: milk, cheese, egg, fish, meat etc
- Plant: pulses, soyabeans, peas etc.



Fats:

- energy giving food
- provide support to our body
- e.g. mustard oil, mut oil, sunflower oil, butter, ghee, milk, eggs, etc.



Water:

- 10% of body weight is water
- Fresh fruits and vegetables
- helps to absorb nutrients from food
- helps in throwing waste outside the body in form of urine and sweat

Roughage (Dietary Fibre)

- Cannot be digested carbohydrate called
- indigestible cellulose
- no nutrient is provided
- Whole grains, pulses, potatoes, vegetables etc. etc.
- helps in bowel movement

Vitamin/Minerals	Deficiency disease	Symptoms	Sources
Vitamin A	Night blindness (loss of vision)	<ul style="list-style-type: none"> - Poor vision - Loss of vision in darkness 	<ul style="list-style-type: none"> - Milk, fish, liver oil, eggs, butter - Carrot, green vegetables, mango, papaya
Vitamin B ₁	Beri-Beri (affects nervous system)	<ul style="list-style-type: none"> - Weak muscles - Very little energy to work 	<ul style="list-style-type: none"> - Milk, egg, meat, yeast etc. - Whole grains, cereals, potato, green vegetables
Vitamin B ₂	Cheilosis	<ul style="list-style-type: none"> - Lips become inflamed 	<ul style="list-style-type: none"> - Yeast, eggs, meat, peas, etc
Vitamin B ₃	Pellagra	<ul style="list-style-type: none"> - Affects skin and digestive system - Affects nervous system 	<ul style="list-style-type: none"> - Whole cereals, potatoes, tomatoes, meat, fish etc.
Vitamin C	Scurvy	<ul style="list-style-type: none"> - Bleeding gums 	<ul style="list-style-type: none"> - Citrus fruits, amla, guava, tomato, green vegetable
Vitamin D	Rickets	<ul style="list-style-type: none"> - Bones are bent and brittle 	<ul style="list-style-type: none"> - Milk, butter, green, vegetable - Sunlight
Vitamin K	Haemorrhage	<ul style="list-style-type: none"> - Excess of blood loss 	<ul style="list-style-type: none"> - Green vegetable, egg yolk, soyabean etc.

Minerals	Deficiency disorder	Symptoms	Sources
Calcium	Hypocalcaemia	<ul style="list-style-type: none"> - Weak bone and tooth decay - Enlarged thyroid gland in children. It is called cretinism i.e. mental and physical tetradation. 	<ul style="list-style-type: none"> - Milk, cheese, eggs and green vegetables. - Floor and bread
Iron	Anaemia	<ul style="list-style-type: none"> - Weakness and lack of RBCs 	<ul style="list-style-type: none"> - Green vegetables, fresh fruits etc.
Sodium	Weak body	<ul style="list-style-type: none"> - Dehydration 	
Copper	Retarded growth	<ul style="list-style-type: none"> - Low appetite 	
Phosphorus	Bones weakness and tooth decay	<ul style="list-style-type: none"> - Weakness, bad teeth and bones 	
Iodine	Goitre, thyroid gland is affected adversely	<ul style="list-style-type: none"> - Glands in the neck appear swollen, mental disability in children and retarded 	