

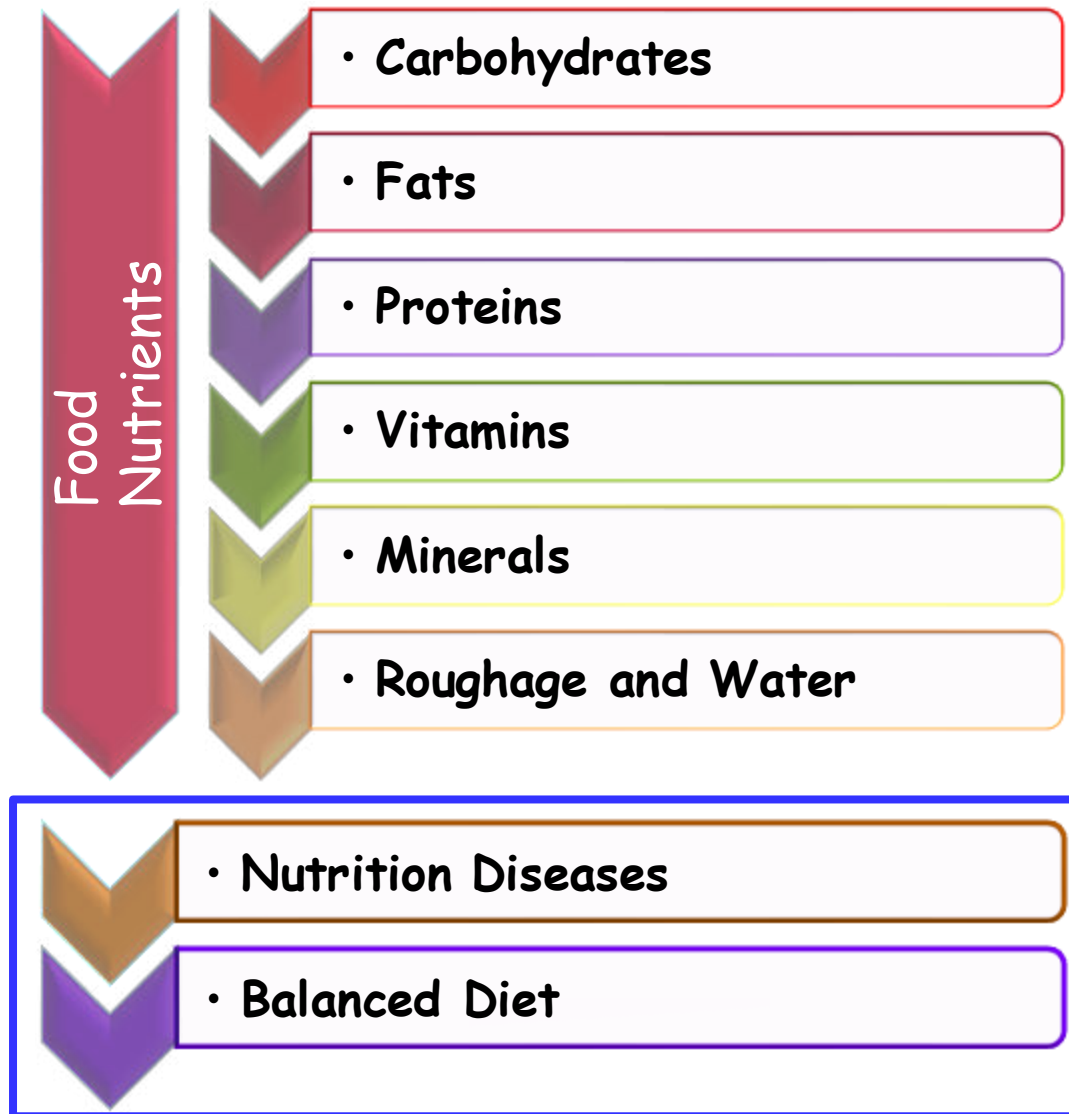
Science

Balanced Diet

By :-

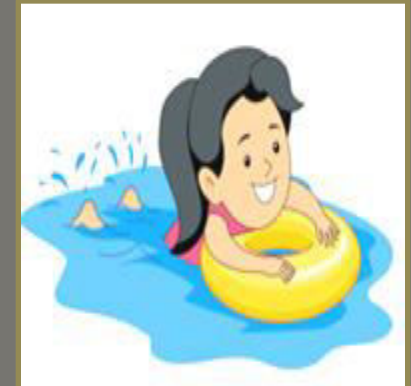
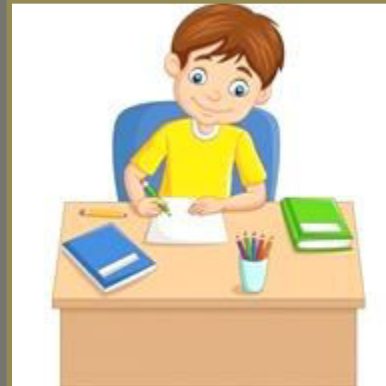
Ms Jyotika Guleria

Balance Diet : What will we learn?



Necessity of Food

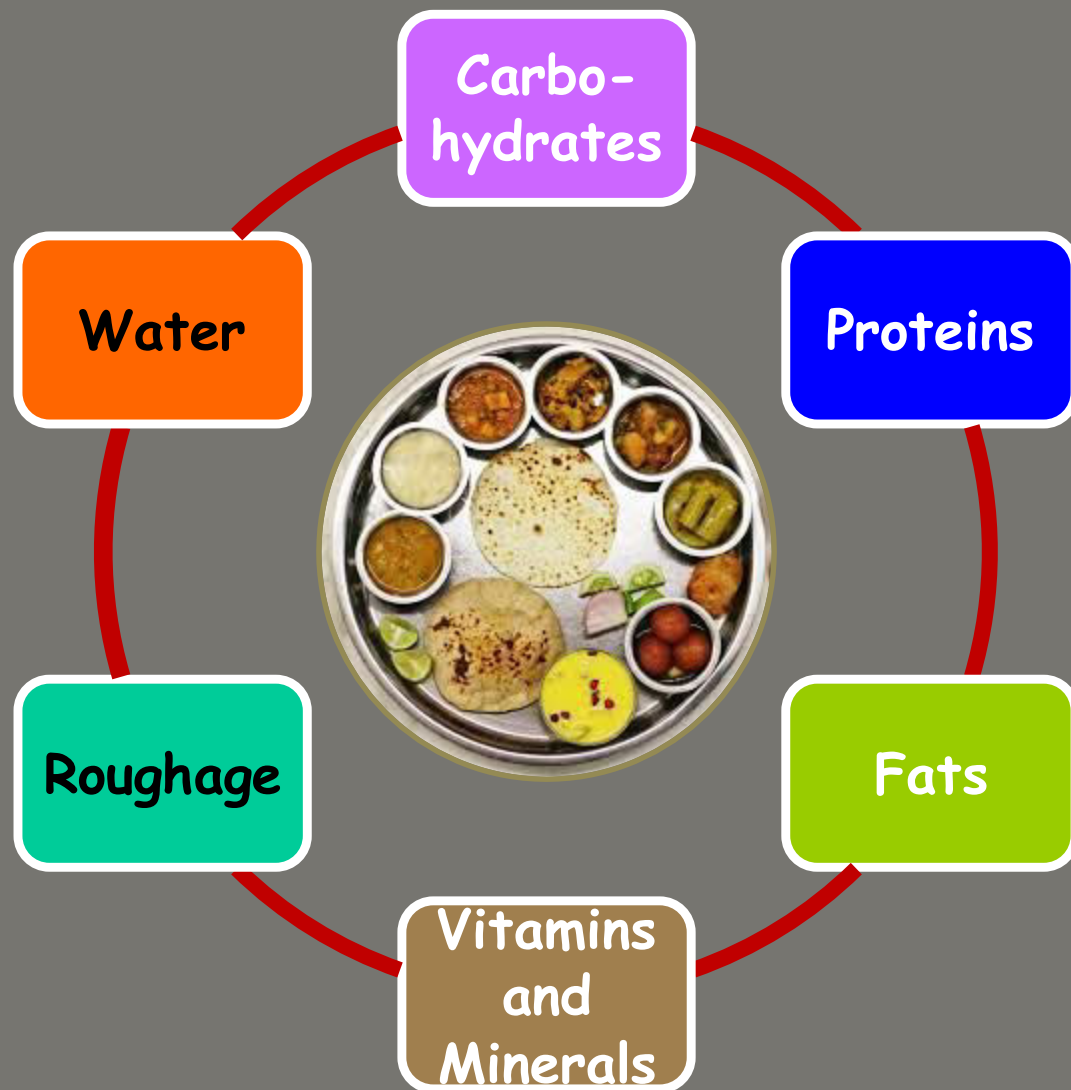
- ❖ We need **Energy** to do various day-to-day activities such as walking, studying, playing, cycling etc.
- ❖ Food gives us the energy to do all such activities.
- ❖ We also need food for **growth and re-generation**.



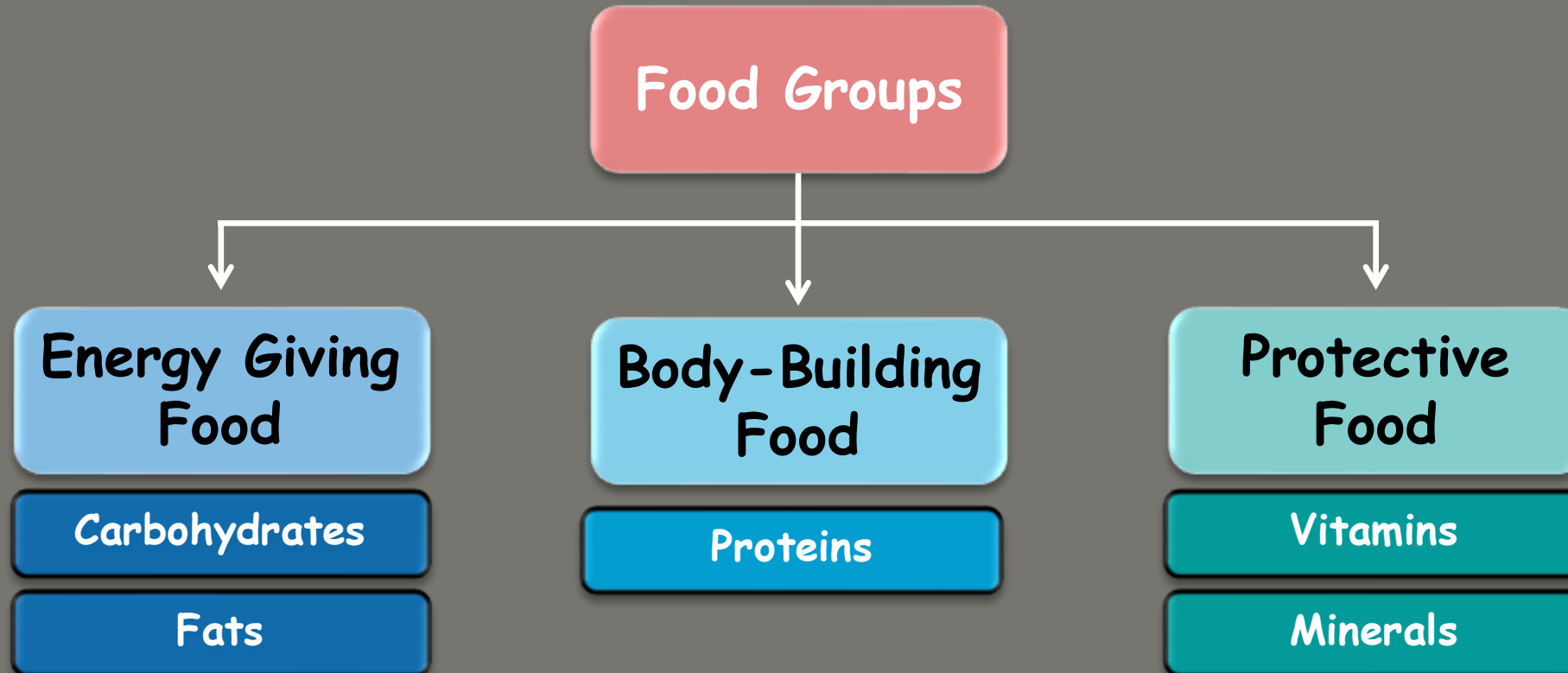
Food Nutrients

- ❖ Substances in food that help the body to grow and stay healthy are called **Nutrients**.
- ❖ Main nutrients found in food are:-
 - ❖ Carbohydrates.
 - ❖ Proteins.
 - ❖ Fats.
 - ❖ Vitamins.
 - ❖ Minerals.
- ❖ In addition, food has Roughage and Water.

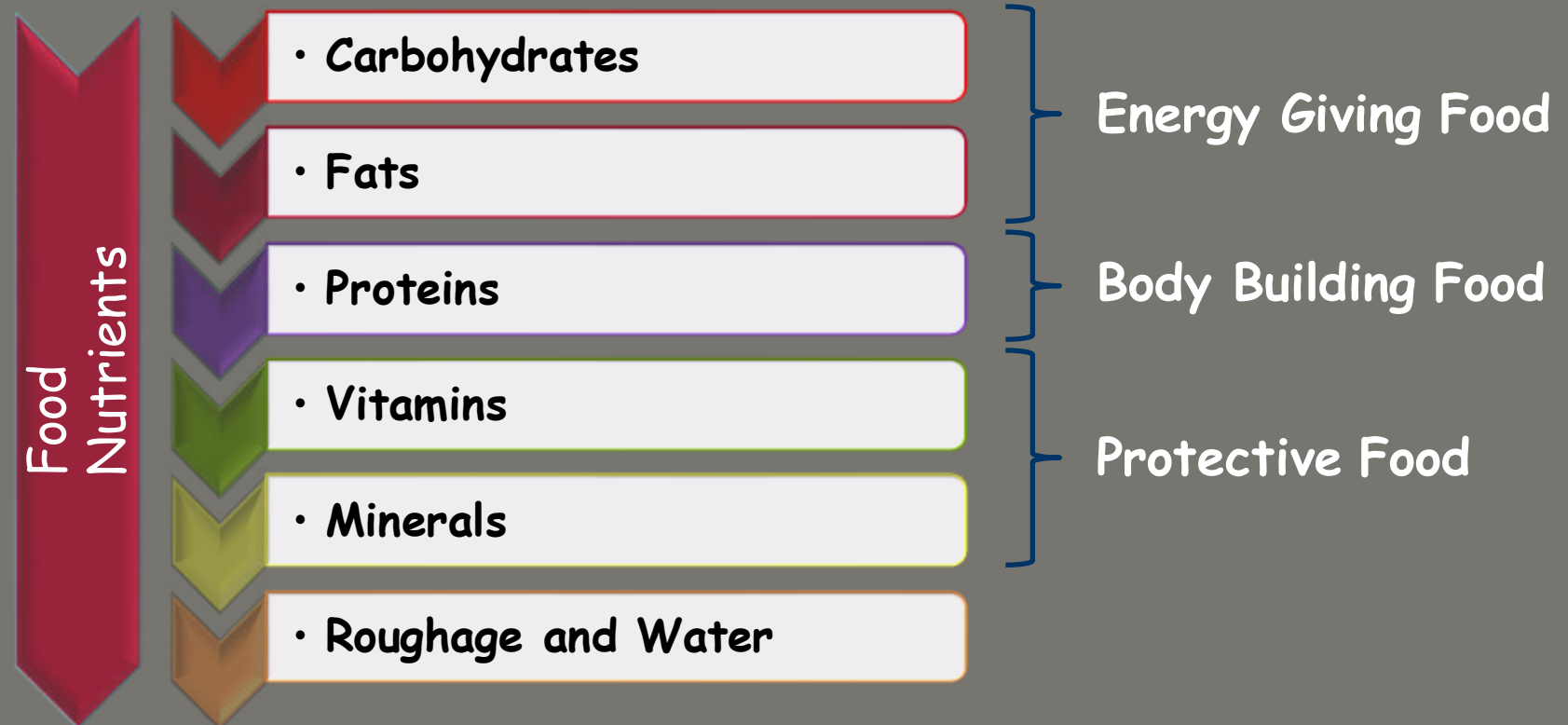
Food Nutrients



Food Groups



Food Groups

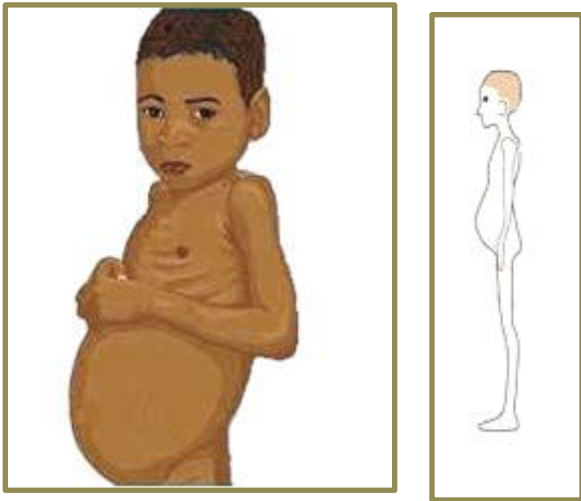




Nutrition Diseases

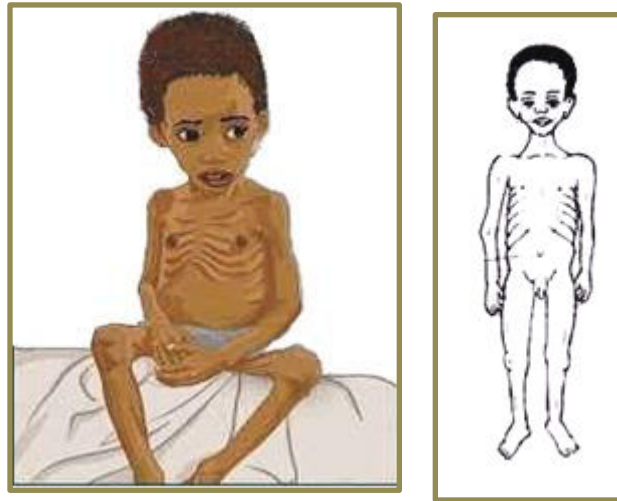
Nutrition Diseases

- ❖ Lack of Protein in the diet causes a disease called **Kwashiorkor**.
 - ❖ Swollen stomach.
 - ❖ Wasted Muscles.



Kwashiorkor

- ❖ Nutrition deficiency causes **Marasmus**.
 - ❖ Wasted Muscles.
 - ❖ Stunted Growth.
 - ❖ Under weight.



Marasmus

- ❖ Excessive food causes **Obesity**.
 - ❖ Fat.
 - ❖ Over weight.



Obesity

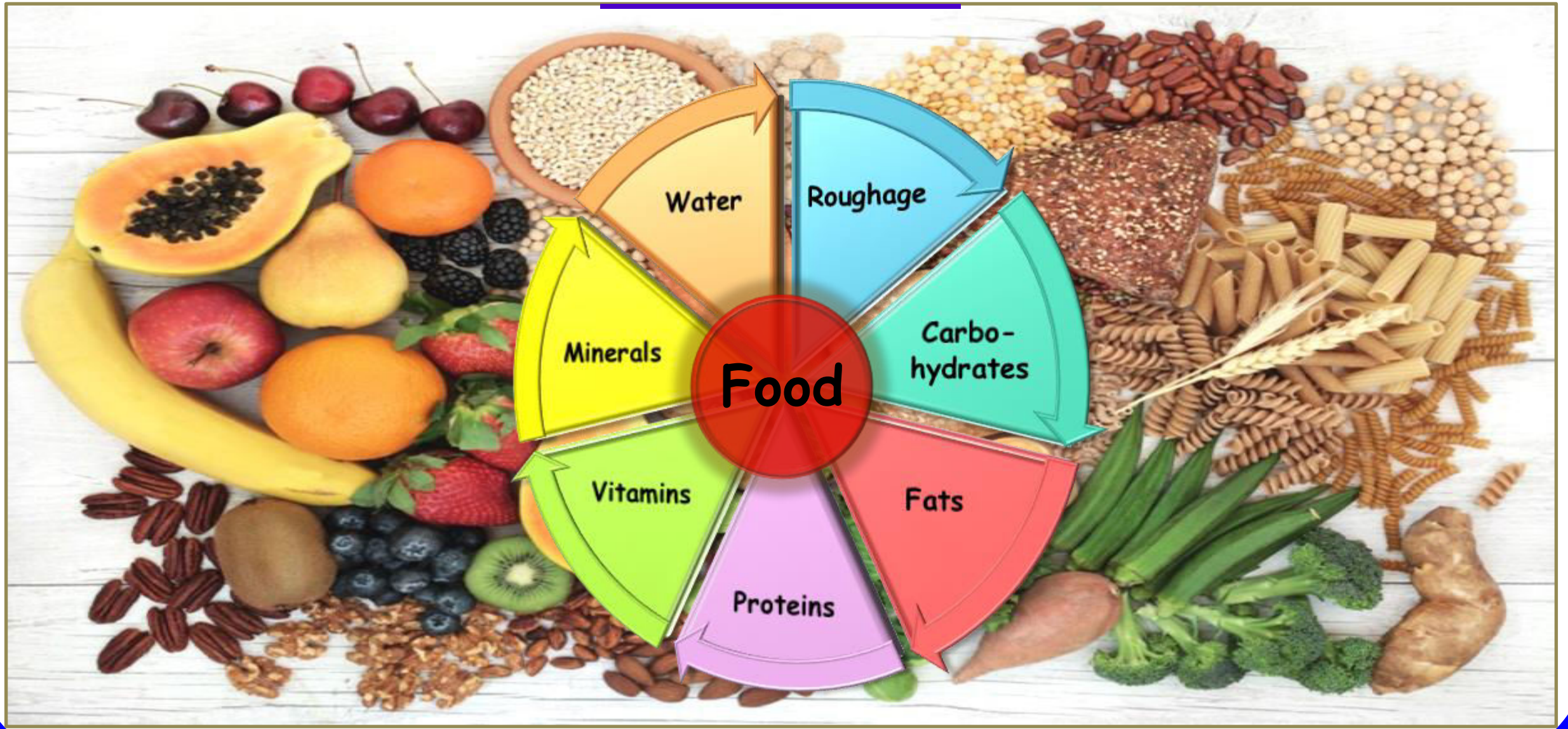


Balanced Diet

Balanced Diet

- ❖ It is important to have balanced diet for proper growth and for staying healthy.
- ❖ A balanced diet is a meal that contains Carbohydrates, Proteins, Fats, Vitamins, Minerals, Fibre and Water in the right proportion as per our body need.

Balanced Diet



Balanced Diet

						
Sugar						
Starch						
Fat						
Proteins						
Vitamins						
Minerals						
Roughage						

Not Balanced Diet

						
Sugar						
Starch						
Fat						
Proteins						
Vitamins						
Minerals						
Roughage						

Food

Keywords

Nutrients

Substances present in food that help the body to grow and stay healthy.

Balanced Diet

A meal that contains Carbohydrates, Proteins, Fats, Vitamins, Minerals, Water and Fibre in the right proportion.

Think and Answer

Q: What is a balanced diet?

Key Points:-

- ❖ A balanced diet is a meal that contains Carbohydrates, Proteins, Fats, Vitamins, Minerals, Fibre and Water in the right proportion as per our body need.
- ❖ It is important to have balanced diet for proper growth and for staying healthy.

Think and Answer

Q: Why are nutrients?

Key Points:-

v Substances in food that help the body to grow and stay healthy.

❖ Main nutrients found in food are:-

❖ Carbohydrates.

❖ Proteins.

❖ Fats.

❖ Vitamins.

❖ Minerals.

Revise and Recall

State whether the following statements are True or False:-

1. Deficiency of Protein causes Kwashiorkor.

True

2. Excess of fat causes Obesity.

True

3. Roughage is a nutrient.

False

4. Roughage is the water present in the food.

False

5. To stay healthy, we should eat balanced diet.

True

6. Ice-cream is a balanced diet.

False

