

WELCOME TO THE ONLINE CLASS

SESSION NO.: 2

CLASS: 5

SUBJECT: SCIENCE

CHAPTER NUMBER: 2

CHAPTER NAME: FOOD AND HEALTH

SUB TOPIC: A BALANCED DIET- CARBOHYDRATES AND FATS

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner to know the function of each the nutrients in different food.

WARM UP

- 1. Define balanced diet.**
- 2. What are nutrients?**
- 3. Where does our body get nutrients from?**
- 4. Why should we eat the right kind of food?**

BALANCED DIET

A balanced diet is a diet that has right amount of all the nutrients, that is, carbohydrates, fats, proteins, vitamins and minerals along with water and roughage.



NUTRIENTS

- Nutrients are substances present in food which provide nourishment to our body.

TYPES OF NUTRIENTS

- **Carbohydrates**
- **Fats**
- **Proteins**
- **Vitamins and minerals**

CARBOHYDRATES

- Carbohydrates give us energy to work. It provide us with quick energy. Therefore, it is also known as energy- giving food.
- Bread, rice, wheat, potato, banana, etc. are some of the rich sources of carbohydrates.
- People doing a lot of physical work need more carbohydrates.
- Sugar and starch are the two types of carbohydrates.



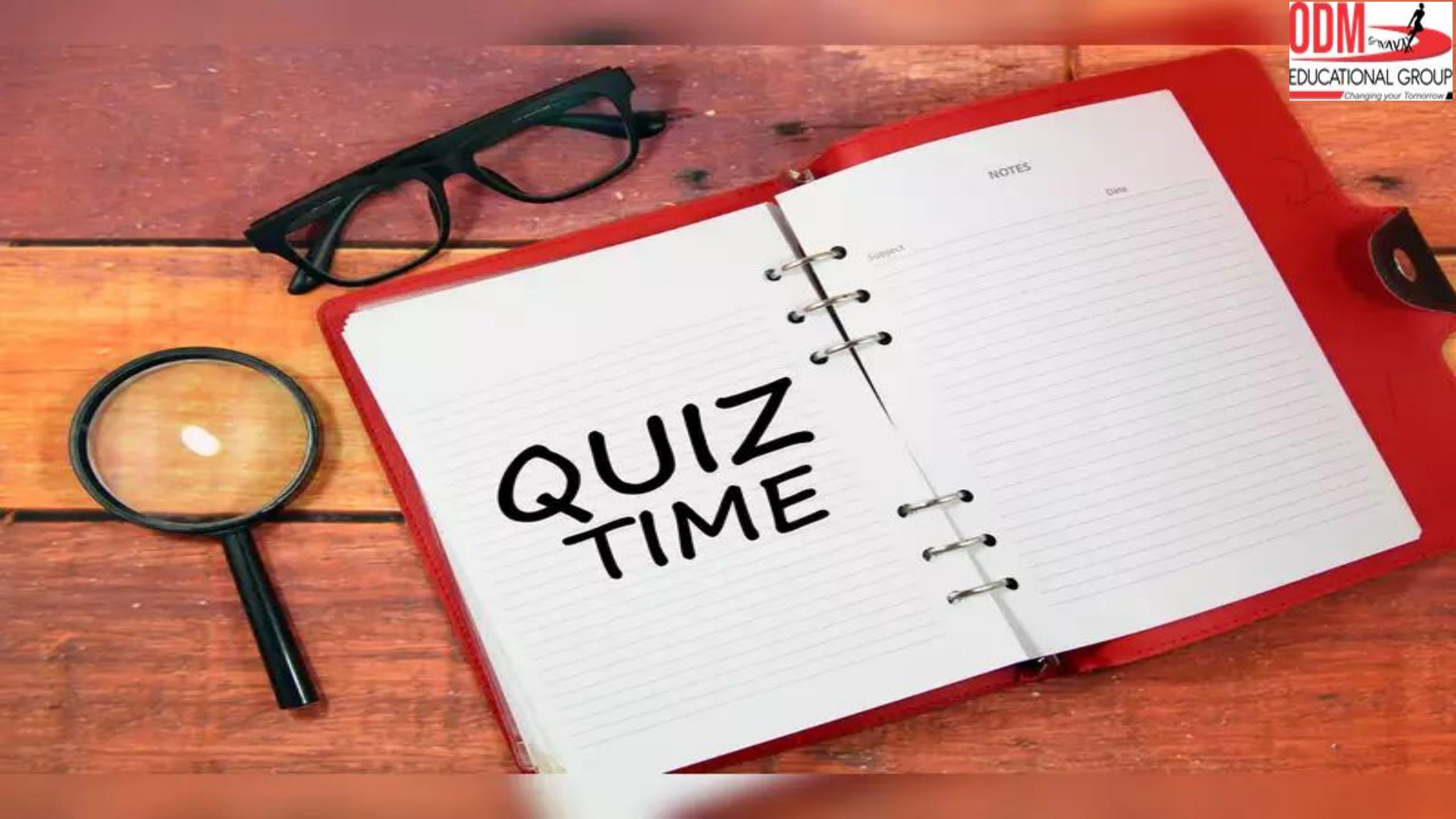
FATS

- Fats give us more energy than starch or sugar.
- It is also known as energy- giving food.
- Oil, nuts and butter rich sources of fats.
- They help to keep our body warm.
- Extra fat is stored in our body for future use.



SUMMARY

- Food helps us to grow, gives us energy and keeps us healthy.
- A balanced diet consists of all the nutrients in right amount along with water and roughage.
- Nutrients are the substances that provide nourishment to our body.
- Carbohydrates and fats give us energy
- Fats keep us warm.



QUIZ
TIME

1. Nutrient that keep our body warm.

ANS: Fats

2. Which nutrients are also known as energy giving nutrients?

ANS: Carbohydrates and fats

3. People doing a lot of physical work need more carbohydrate. Justify.

ANS: People doing a lot of physical work need more carbohydrate because their body need more energy do their work.

4. Fats provide two time more energy than carbohydrates. But we should have a very little fat in our food. Give reasons for your answer.

ANS: Fats provide two time more energy than carbohydrates. But we should have a very little fat in our food because we get required amount of energy to our body from a small amount of fats than carbohydrates. But consuming fats rich diet may lead you to various health diseases like cholesterol.

HOMEWORK

- Make a food pyramid.

LEARNING OUTCOME

The learner will be able to know the function of each the nutrients in different food.

**THANKING YOU
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