

# 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**

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**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

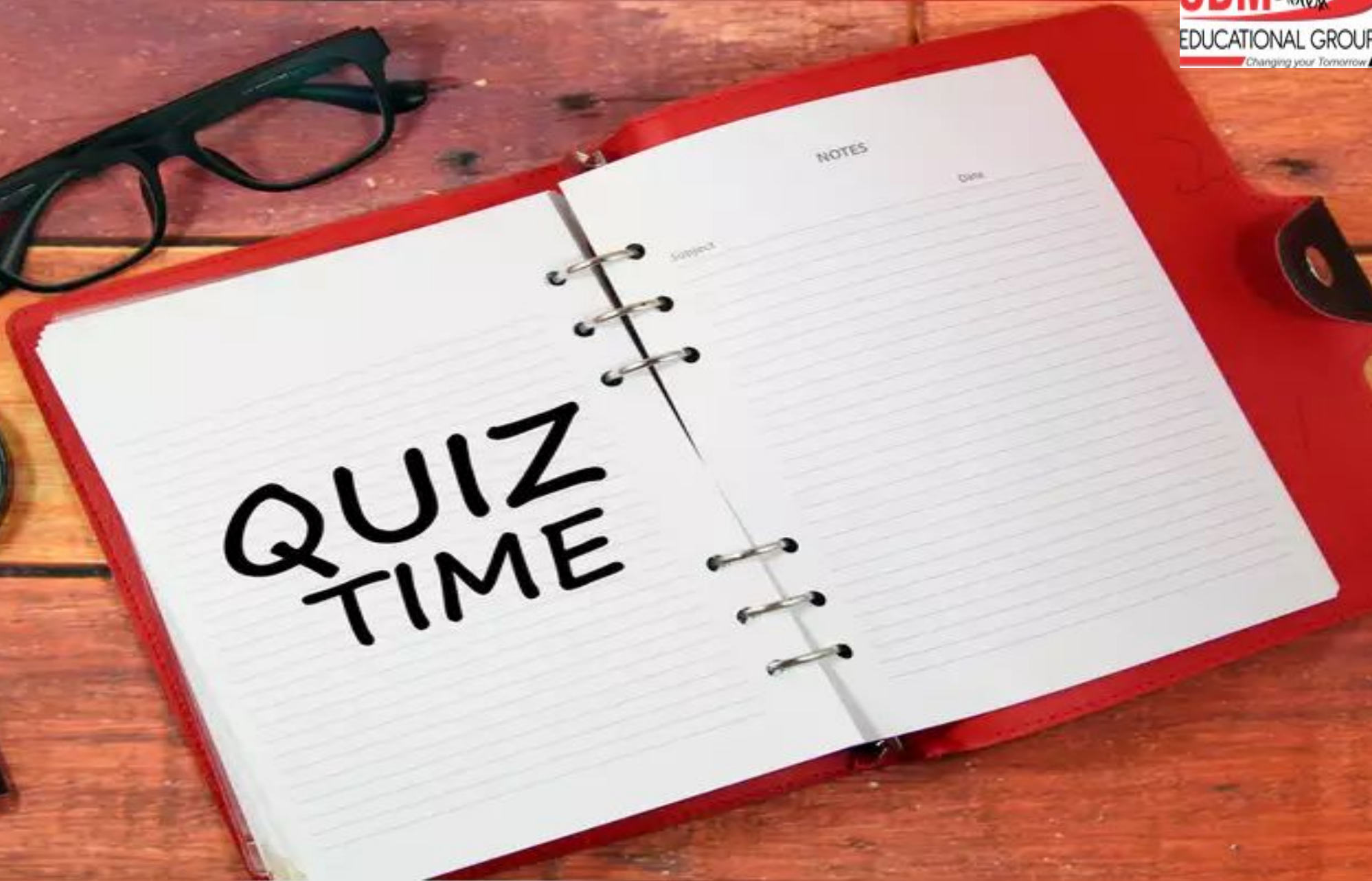
- Fats give us more energy than starch or sugar.
- It is also known as energy- giving food.
- Oil, nuts and butter rich sources of fats.
- They help to keep our body warm.
- Extra fat is stored in our body for future use.





# **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**

NOTES

Date

Subject

**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**  
**ODM EDUCATIONAL GROUP**