

#### **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

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# **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 gives 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.

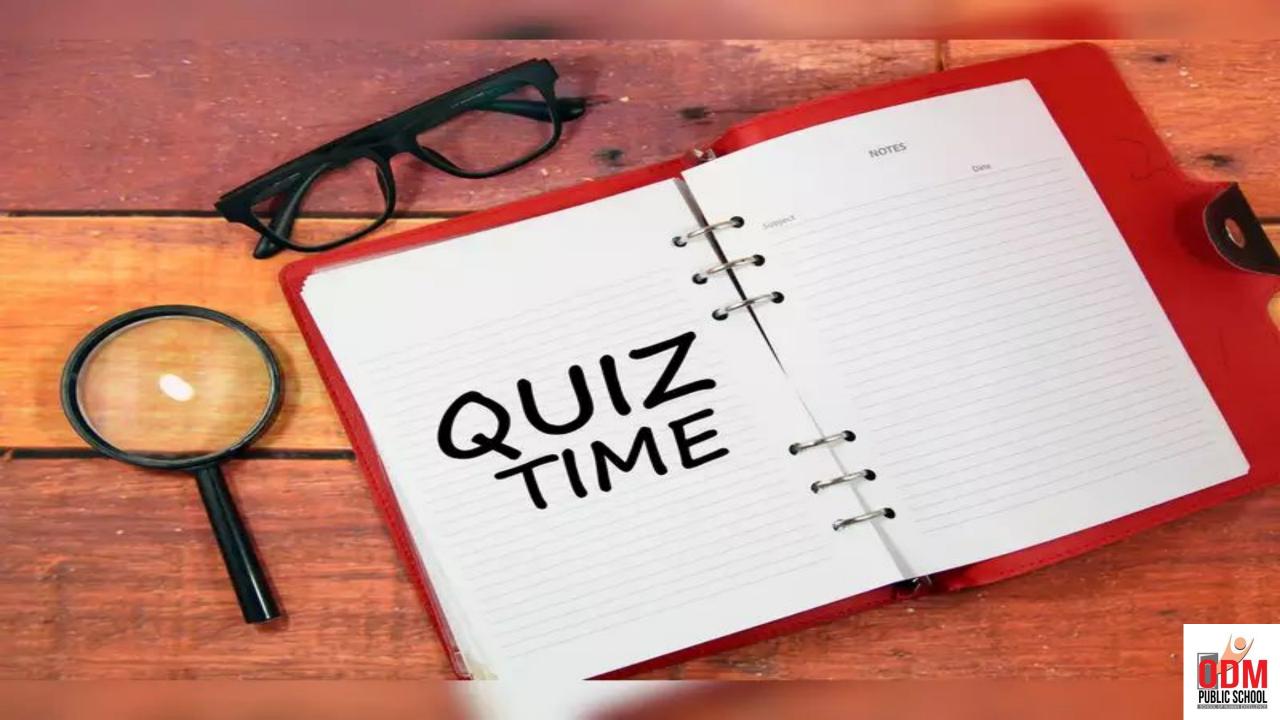




# **SUMMARY**

- 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.





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

ANS: Fats provides two time more energy than carbohydrates. But we should have a very little fat in our food because



# **HOMEWORK**

• Make a food pyramid



# **LEARNING OUTCOME**

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



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