

WELCOME TO THE ONLINE CLASS

SESSION NO.: 3

CLASS: 5

SUBJECT: SCIENCE

CHAPTER NUMBER: 2

CHAPTER NAME: FOOD AND HEALTH

SUB TOPIC: A BALANCED DIET- PROTEINS, VITAMINS AND MINERALS

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner to:

- **know the function of each the nutrients in different food**
- **learn the importance of nutrients.**

WARM UP

- Define nutrients.
- Why do we need food?
- Which nutrients are known as energy-giving nutrient?
- Which nutrient keep us warm?
- Name the nutrient that help us to grow.

TYPES OF NUTRIENTS

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

PROTEINS

- Proteins helps us to grow that is why it is also known as body-building food or nutrient.
- Children need more protein because they need to grow faster.
- Foods rich in proteins are eggs, fish, meat cheese and pulses.



VITAMINS

- Vitamins keep our body fit for improve appetite and increase the body's ability to fight diseases.
- Fresh fruits and vegetables are good sources of vitamins.
- Our body need very small quantity of vitamins.



MINERALS

- Minerals helps in the formation of bones, teeth and blood.
- Calcium, potassium, sodium, iodine and iron are some examples of minerals.
- We get minerals and vitamins from fresh fruits, vegetables, meat, fish and milk.
- Vitamins and minerals together are known as protective food.



IMPORTANCE OF NUTRIENTS

- **Building all parts of the body such as muscle, bone, teeth and blood.**
- **Producing energy from food.**
- **Keeping the body in good working order.**

THINGS TO KEEP IN MIND WHILE COOKING

- **Food must be cooked with care so that its nutritional values is not lost.**
- **Cereals pulses and vegetables should be cooked in the water in which they have been soaked. As this water contains dissolved vitamins.**
- **We should wash the vegetables and fruits before cutting them.**
- **We should never overcook the food as it destroys the nutrients present in it.**

SUMMARY

- **Protein helps us to grow that is why it is called as body-building nutrient.**
- **Milk and milk products, eggs, meat and pulses are rich in protein.**
- **Growing children need more protein than adults.**
- **Vitamins and minerals help our body to fight against diseases that's why they are also called as protective nutrients.**
- **Fresh fruits and vegetables are good sources of vitamins and minerals.**

QUIZ
TIME

NOTES

Date

Subject

1. Nutrient that is also known as body building nutrient.

ANS: Protein

2. Nutrients that protect us from diseases.

ANS: Vitamins and minerals

HOMework

- Draw the pictures of food items containing each of the nutrients.



LEARNING OUTCOME

The learner will be able to

- **know the function of each the nutrients in different food**
- **learn the importance of nutrients.**

THANKING YOU
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