

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

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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

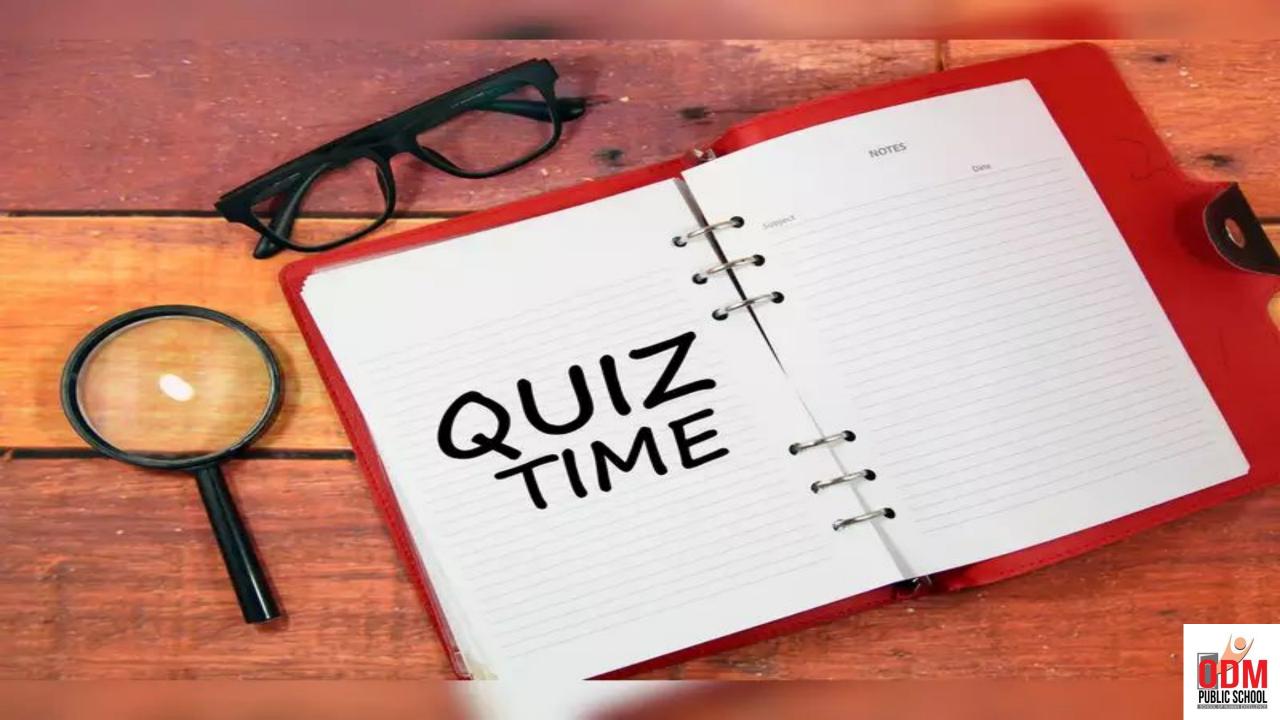
- Food must be cooked with care so that its nutritional values is not lost.
- Cereals pulses and vegetables should be cooked in the water in which they have been soaked. As this water contains dissolved vitamins.
- We should wash the vegetables and fruits before cutting them.
- We should never overcook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





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

ANS: Protein



2. Nutrients that protect us from diseases.

ANS: Vitamins and minerals



3. Vitamins and minerals are also known as nutrient.

ANS: Protective



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 ODM EDUCATIONAL GROUP

