

**Write the Notes in your Notebook or Exercise Book**

## **HFLE**

### **A Balance Diet**

**A balanced diet contains all the nutrients in right amounts.**

**A balanced diet provides us with all the nutrients we need.**

**Some of the nutrients are:**

#### **1. Carbohydrates and fats are energy giving foods.**

**Carbohydrates are foods like: bread, potatoes, cookies, spaghetti, yam, banana, rice, sugar.**

**Fats are foods like: Margarine, butter, oil, avocado.**

#### **2. Proteins help in growth and repair of the body.**

**Proteins are body building foods.**

**Foods that contains proteins are: meat, milk, fish, nuts, peas, beans.**

#### **3. Vitamins and Minerals protect our body from various diseases. Vitamins and Minerals are protective foods.**

**Foods that contain vitamins and minerals are fruits, vegetables, nuts.**

**4. Fibers help the body get rid of undigested food.**

**Foods that contains fibers are cereals, corn, fruits, nuts, vegetables.**

**5. Water helps us to get rid of liquid waste in the form of urine and sweat. Water also helps to absorb the dissolved nutrients.**