

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.