

Chapter 2: You are What you Eat

Monday's Work.

Copy down the definitions for the following words.

Use a lined piece of paper.

Fats: A Substance necessary for growth and health.

Proteins: Nutrient important for cell growth and repair.

Carbohydrates: Sugars and starches that provide energy for cells

Vitamins: An essential substance needed by the body in small amounts.

Minerals: Natural non-living substances found in food, needed for growth and repair.

Fibere: A material found in some foods (bread, pasta, vegetables) that helps the digestive system to move food through it.

Sucrose: Table sugar

End of Monday's work. :D

Tuesday's work.

Copy down the notes about food.

- ❖ Food is our fuel. It gives us energy for living and matter for growing.
- ❖ Food has three basic nutrients: fats, proteins and carbohydrates.
- ❖ Food also gives us the vitamins, minerals and water that we need. Every day, you eat about 1kg of food and drink at least 2L of water.

- ★ The carbohydrates (starches and sugars) are your main source of energy.
- ★ There are many different types of starches and sugars- for example, sucrose.
- ★ During digestion, starches are broken down into small sugars (such as glucose) that give your body quick energy.

- ❑ Glucose enters the blood easily and travels quickly to muscles and other cells.
- ❑ Starches come from a variety of sources: wheat, rice, corn and potatoes. Potatoes originally grew in South America. Rice originally came from India and is now the primary source of starch for over half the world.
- ❑ Pasta, another source of starch is from grains, was invented in Asia.

- Sugars are naturally found in fruits and table sugar, and food manufacturers add sugars to cereals and candy.
- Natural sources of sugar also give you other nutrients important for your body, while added sugars do not.
- If you eat more sugar than your body burns, the body stores fat.

End of Tuesday's Work. :)

Wednesday's Work

Copy down the following notes.

- Fats are necessary for growth and health. Fatty tissues in your body insulate your body from the cold and protect your body from injury.
- Your brain and nerve cells cannot function well without fats. Fats also store vitamins that are essential for your body.
- Your skin needs protein to build and repair tissue. Skin, hair, fingernails, blood, muscles, cells and enzymes are all made of protein.

- ★ We get proteins from many sources in our diets: eggs, milk, cheese, fish, cereal grains, and legumes (soy beans, beans, and peas).
- ★ Fibre helps the digestive system move food through it at the right speed. Fruits, vegetables and whole grains are good sources of fibre.
- ★ Many body processes are helped by different vitamins, as shown in the table.

- ★ Many body processes are helped by different vitamins, as shown in the table.
- ★ A balanced diet must contain carbohydrates, proteins, fats, minerals, vitamins, fibre and water.

End of Wednesday's Work.

Thursday's Work.

Copy down the lecture note and answer the question given at the end of the lecture notes.

Vitamin A:

Function: Healthy skin, good vision, proper functioning of lungs.

Food: Yellow green and orange vegetables

Vitamin B

Function: Keeps nervous system, skin and eyes healthy; helps body use proteins, fats and carbohydrates.

Food: meat, whole-grain breads

Vitamin C

Function: Normal tissue growth and repair.

Food: fruit, leafy green vegetables

Vitamin D

Function: Helps body make strong bones and teeth.

Foods: fish, liver, milk, sunshine

Vitamin E

Function: keeps cell membranes healthy

Foods: eggs, oil, vegetables.

Question:

Copy and complete the following table:

Look for foods in your house. Refer to the preview lecture notes as well as food labels.

Vitamin	Food
Vitamin A	
Vitamin B	
Vitamin C	
Vitamin D	
Vitamin E	

End of Thursday's work

Friday's work.

Copy the lecture notes on a lined piece of paper.

- ❖ A well-balanced diet of proteins, fats, carbohydrates, vitamins, minerals and water is important in maintaining your healthy body.
- ❖ Your health can be affected if you eat too few or too many nutrients.
- ❖ Too much fat in your diet can cause heart or kidney disease, while not enough can interfere with brain function.

- ★ Too much protein can damage your kidneys, while not enough can affect your body's growth.
- ★ We require tiny amounts of iron, but large amounts can kill you. Without iron, our blood has difficulty carrying oxygen around the body.
- ★ Canada's food guide shows you how to combine foods to make a balanced, nutritious diet.

- ❖ The Food Guide divides food into four major food groups: meat and alternatives, fruits and vegetables, milk and milk products, and breads and cereals.
- ❖ Remaining foods, such as honey and chocolate, belong to another group called Other Foods.

- ★ Milk and milk products provide proteins, some vitamins, (A, D and B), and calcium that you need to build bones and teeth.
- ★ The meat and its alternatives group include, meat, poultry, fish, eggs, beans, peas and nuts.
- ★ This group supplies important protein that you need for growth and tissue repair as well as iron and many B vitamins.

- The fruits and vegetables group is the body's major source of vitamins and minerals as well as dietary fibre.
- The bread and cereal group provides carbohydrates, protein, minerals, some vitamins, and dietary fibre.

End of Friday's work :)