

CLASS: JSS1

SUBJECT: BASIC SCIENCE

TOPIC: NUTRITION

MEANING OF NUTRITION

Nutrition can be defined as the science of food and its relation to health.

Food can therefore be referred to as nutritious substance that people or animals eat or drink or that plant absorb in order to maintain life and growth.

IMPORTANCE OF FOOD

1. it is necessary for growth.
2. It provides the body with energy.
3. It replenishes worn out nutrients and dead cells and also maintains the living cells.
4. It is necessary for survival.

CLASSES OF FOOD

Food contains nutrients. Nutrients are chemical substances found in food. There are six major nutrients found in food. They include;

1. Carbohydrates
 2. Proteins
 3. Vitamins
 4. Minerals
 5. Fats and oils
 6. Water
- A. **Carbohydrates:** these are mainly concerned with supplying the body with energy. They are found in food like yam, potatoes, rice, cassava, bread, sugar cane etc.
Excess consumption leads to diabetes, dental cavity and obesity
- B. **Protein:** proteins are mainly concerned with growth of the body and repair of worn out tissues. Examples of food that contains proteins are fish, meat, chicken, egg, soya beans etc
Lack of protein in children results to kwashiorkor.
- C. **Fats and oils:** these also supply energy to the body but in higher concentration. Example of foods are margarine, fatty meat and fish, palm oil, vegetable oil
- D. **Vitamins:** they help in digestion of food and also in protecting the body against diseases and infection. Examples are fruits, vegetables, meat etc
- E. **Minerals :** they aid digestion and regulation of body processes. Example common salt, fruits and seeds.
- F. **Water: water** helps in digestion of food as well as proper hydration of the body.

An adequate diet is a diet that contains all the six classes of food in their right proportion.

HOME WORK

Plan a week diet menu for your home. knowledge of adequate/balance diet should be put into consideration.