

## CHAPTER – 2

### COMPONENTS OF FOOD

- Nutrients: Food substances that provide nourishment to the body.
- The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres and water.
- Carbohydrates and fats mainly provide energy to our body.
- Carbohydrates: These are energy-giving compounds. There may be simple carbohydrates or complex carbohydrates.
- Fats: These are very high energy-giving compounds. They produce greater amount of energy than carbohydrates.
- Minerals: These are elements required by the body in small amounts. It is essential for growth and development of bones, teeth and red blood cells.
- Proteins: These are body-building foods. They help in the growth of the body.
- Vitamins: These are organic substances that protect the body from diseases.
- Roughage: It is the dietary fibre present in the food. It facilitates regular movement of the bowels and prevents constipation.
- Balanced diet: It provides all the nutrients that our body needs, in right quantities, along with adequate amount of roughage and water.
- Deficiency Diseases: These are the diseases caused due to the lack of required nutrients for a long period in the diet.
- Some Nutrients Deficiency Diseases are:
  - (a) Protein: Kwashiorkor - Stunted growth, thinning of legs, protruding belly.
  - (b) Protein and Carbohydrates – Marasmus – Complete/partial arrest of growth, lack of energy.
  - (c) Vitamin D: Rickets – Bowed legs, bent spine, deformed bones and joints.
  - (d) Vitamin C: Scurvy – Bleeding and swelling of gums, weakness.
  - (e) Iodine: Goitre – Enlargement of thyroid gland, retarded growth.
  - (f) Iron – Anaemia – Fatigue, loss of appetite, pale skin.