

TENDER HEART HIGH SCHOOL SEC-33B, CHD.

class : IV
subject : Science

Topic : Food We Eat
Date : 12.04.2024

Good Morning students.

This lesson is for class IV for the subject of Science. Topic is Food We Eat of your textbook "Srijan ICSE Science" and is being submitted to you on 12.04.2024.

* Need for food

All living beings need food as it keeps us alive and gives energy to work. Food helps in our growth and protects us from diseases.

* Components of food

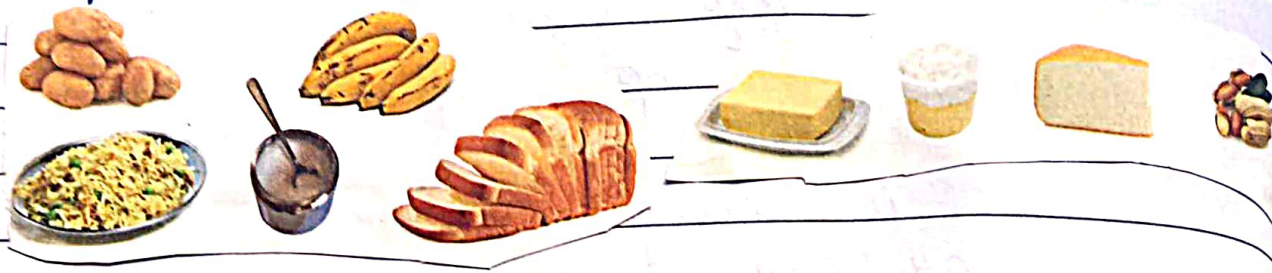
Our food is made up of four main components which are called nutrients. The main components of food are

- i) carbohydrates
- ii) proteins
- iii) fats
- iv) vitamins and minerals

* Water and roughage are also important parts of our food.

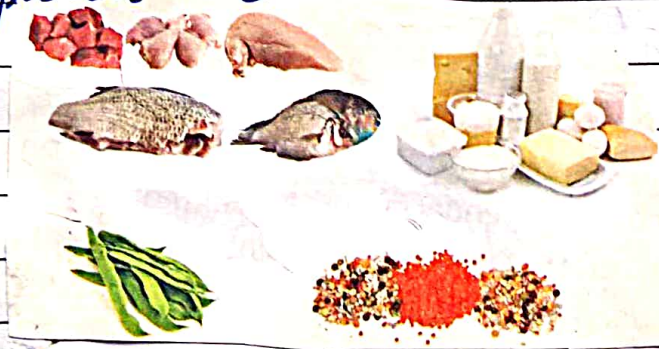
* Carbohydrates

Carbohydrates give us energy. Therefore the food containing carbohydrates is called energy-giving food. They are found in bread, chapati, sugar, potato etc.



* Proteins

Proteins are required for the growth of the body and to repair the damaged cells and tissues. They are found in milk, curd, pulses etc.



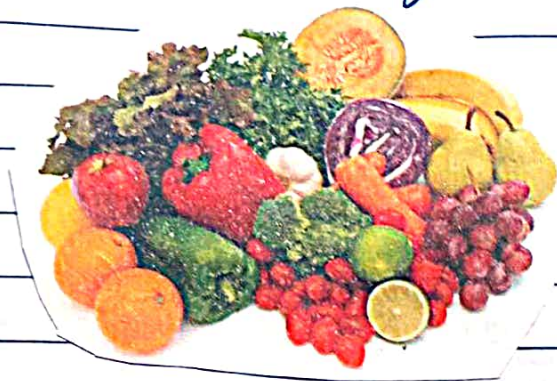
* Fats

Fats give us energy and warmth. Therefore the food containing fats is also called energy-giving food. They are found in oil, nuts etc.



* Vitamins and minerals

Food containing vitamins and minerals is called protective food. Vitamins and minerals are found in fruits and vegetables.



* Balanced diet

The diet that contains all the food nutrients in right amount is called balanced diet.



Ways to avoid food wastage

- i) Dairy products such as milk, cheese, curd etc should be eaten as early as possible
- ii) We should use sealed food items before the date mentioned on the packing as 'Best Before'.
- iii) We should not buy or cook food more than required.

* Home - assignment - Read the chapter thoroughly.

Thank you