

Prodigy Educlasses

-♡ Class - VI ♡-

CBSE

Topic: Mindful Eating

FOOD: Food is any substance that we consume to sustain ourselves and carry out growth of our body.

NUTRIENTS: Components of our food that provide us with energy for growth, repair and maintenance.

Important nutrients present in our food are —

Carbohydrates: Nutrients that contain glucose. Carbohydrate-rich foods are rice, potato, maize, etc.

Fats: Nutrients that contain fatty acids and glycerol. Fat-rich foods are ghee, butter, cheese, etc.

Carbohydrates and fats provide us with energy, and food containing them are known as energy foods.

Proteins:

Nutrients that contain amino acids. Proteins are vital for muscle growth hence protein-rich foods are known as body building food. Protein rich food are paneer, chicken, eggs, milk, etc.



Vitamins:

These are organic compounds which are required in trace amounts for the proper functioning of the body. Vitamins can be classified as –



a.) Fat soluble: Vitamin A, Vitamin D, Vitamin E, Vitamin K.

b.) Water soluble: Vitamin B and Vitamin C.





Vitamins



Vitamin	Functions	Source	Deficiency disease	Symptoms
Vitamin A 	Keeps skin and eyes healthy. 	Papaya, Carrot, Mango. 	Night Blindness. 	Poor vision in darkness. 
Vitamin B1 	Improves metabolism, Keeps heart healthy and helps digestion. 	Legumes, nuts, grains, milk. 	Beriberi. 	Swelling and burning sensation in hands and feet, trouble in breathing. 
Vitamin C 	Helps the body to fight various diseases. 	Amla, guava, chilli, orange, lemon. 	Scurvy. 	Bleeding gums, slow healing of wounds. 
Vitamin D 	Helps body absorb calcium for bone health and teeth health. 	Exposure to sunlight, milk, butter, fish, eggs. 	Rickets. 	Soft and bent bones. 



Minerals

Minerals are inorganic compounds required for the proper functioning of our body.
Some important minerals are —

Minerals	Functions	Sources	Deficiency disease	Symptoms
Calcium 	Keeps bones and teeth healthy. 	Milk, curd, cheese, paneer. 	Bone and teeth decay. 	Weak bones, teeth decay. 
Iodine 	Helps in growth, development and other metabolic functions. 	Iodised salt, chestnut. 	Goitre 	Swelling at the front of neck. 
Iron 	Helps in formation of erythrocytes. (red blood cells) 	Green leafy vegetables, beetroot. 	Anaemia 	Weakness, shortness of breath. 



Roughage & Balanced Diet

Roughage:

Roughage does not provide us with any nutrients but helps in proper bowel movements.

Green leafy vegetables, fruits such as guava are important sources of roughage.



Balanced Diet:

Balanced diet refers to the incorporation of adequate amounts of carbohydrates, proteins and fats in our diet according to age, sex, physical activity, health conditions for the optimum functioning of our body.

