



Chapter - 2

Components of Food

NOTES:

1. The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibers and water.
2. Carbohydrates and fats mainly provide energy to our body.
3. Proteins and minerals are needed for the growth and the maintenance of our body.
4. Vitamins help in protecting our body against diseases.
5. Proteins are often called body building foods.
6. Deficiency of one or more nutrients in our food for a long time may cause certain diseases or disorders.

