

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.