

For XAT , CMAT , MAT , IIFT Exam

FOOD AND ITS COMPONENTS

- **Food** is the basic necessity of life. Food is defined as any substance of either plant or animal origin consumed to provide nutritional support for an organism.
- It contains essential nutrients that provide energy, helps in normal growth and development, repair the worn out tissues and protect the body from diseases
- The main sources of our food are **plants and animals**
- **Animals** which eat **only plants** are called **herbivores**
- **Animals** which eat **only animals** are called **carnivores**
- Animals which eat **both plants as well as other animals** are called **Omnivores**
- **Bees** collect nectar (sweet juices) from flowers convert it into honey and store it in their hive
- 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
- Foods containing fats and carbohydrates are also called '**energy giving foods**'.
- Proteins and minerals are needed for the growth and the maintenance of our body
- Our body needs **dietary fibres and water**. **Dietary fibres** are also known as **roughage**. Roughage is mainly provided by plant products in our foods. Whole grains and pulses, potatoes, fresh fruits and vegetables are main sources of roughage. Roughage does not provide any nutrient to our body, but is an essential component of our food

CARBOHYDRATES

- Carbohydrates are organic compounds composed of carbon, hydrogen and oxygen. Carbohydrate is an essential nutrient which provides the chief source of energy to the body.
- Glucose, sucrose, lactose, starch, cellulose are examples for carbohydrates.
- Sources of **carbohydrates** are
 - Sweet potato
 - Wheat
 - Rice
 - Potato
 - Sugarcane
 - Papaya
 - Melon
 - Mango
 - Maize

FATS

- Fat in the diet provides energy. They maintain cell structures and are involved in metabolic functions.
- Essential fatty acids cannot be synthesized in the body and are provided through diet. Essential fatty acids required in human nutrition are omega fatty acids.
- Sources of **fats** are
 - Groundnuts
 - Nuts
 - Eggs
 - Fish
 - Meat

PROTEINS

- Proteins are the essential nutrients and also the building blocks of the body. Foods proteins are often called 'body building foods'

- Proteins are made of amino acids.
- Proteins are needed for the growth and repair of our body.
- Sources of **proteins are**
 - Beans
 - Gram
 - Moong
 - Peas
 - Soyabeans
 - Paneer
 - Eggs
 - Meat