

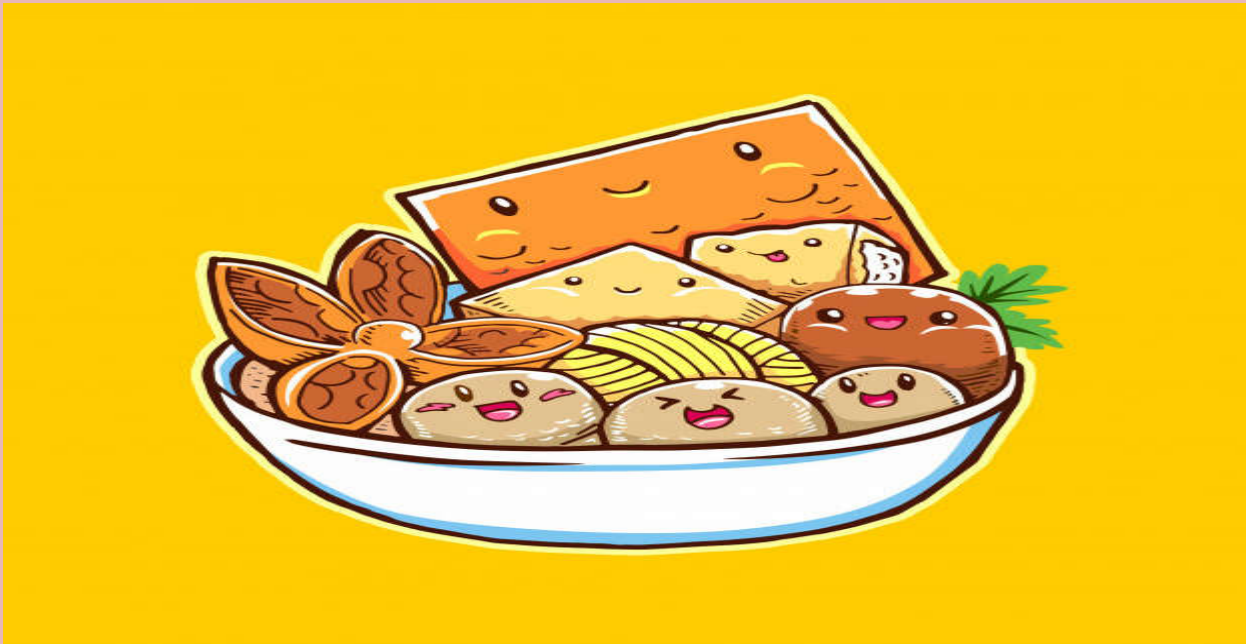


GK

TOPIC: HEALTHY FOOD

❖ WHAT IS A FOOD?

- ❖ Food is any substance consumed to provide nutrition for an organism.
- ❖ It is usually of plant or animal origin and contains essential nutrients, such as carbohydrates, fats, proteins vitamin or minerals.



NUTRIENTS

Definition

Substances in food that your body needs to function properly to grow, repair itself, and supply you with energy.

6 Basic Nutrients



Carbohydrates

Fats

Minerals

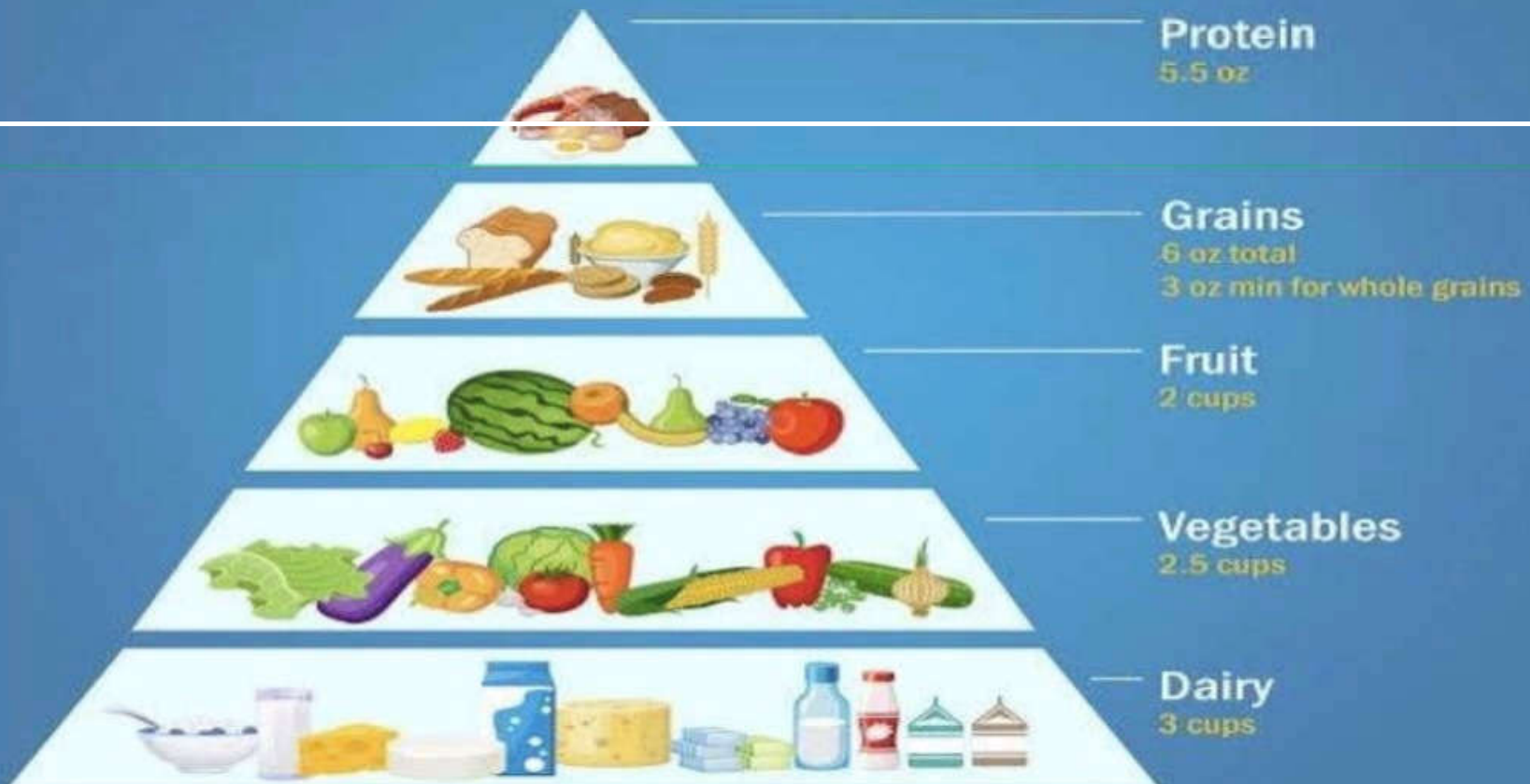
Proteins

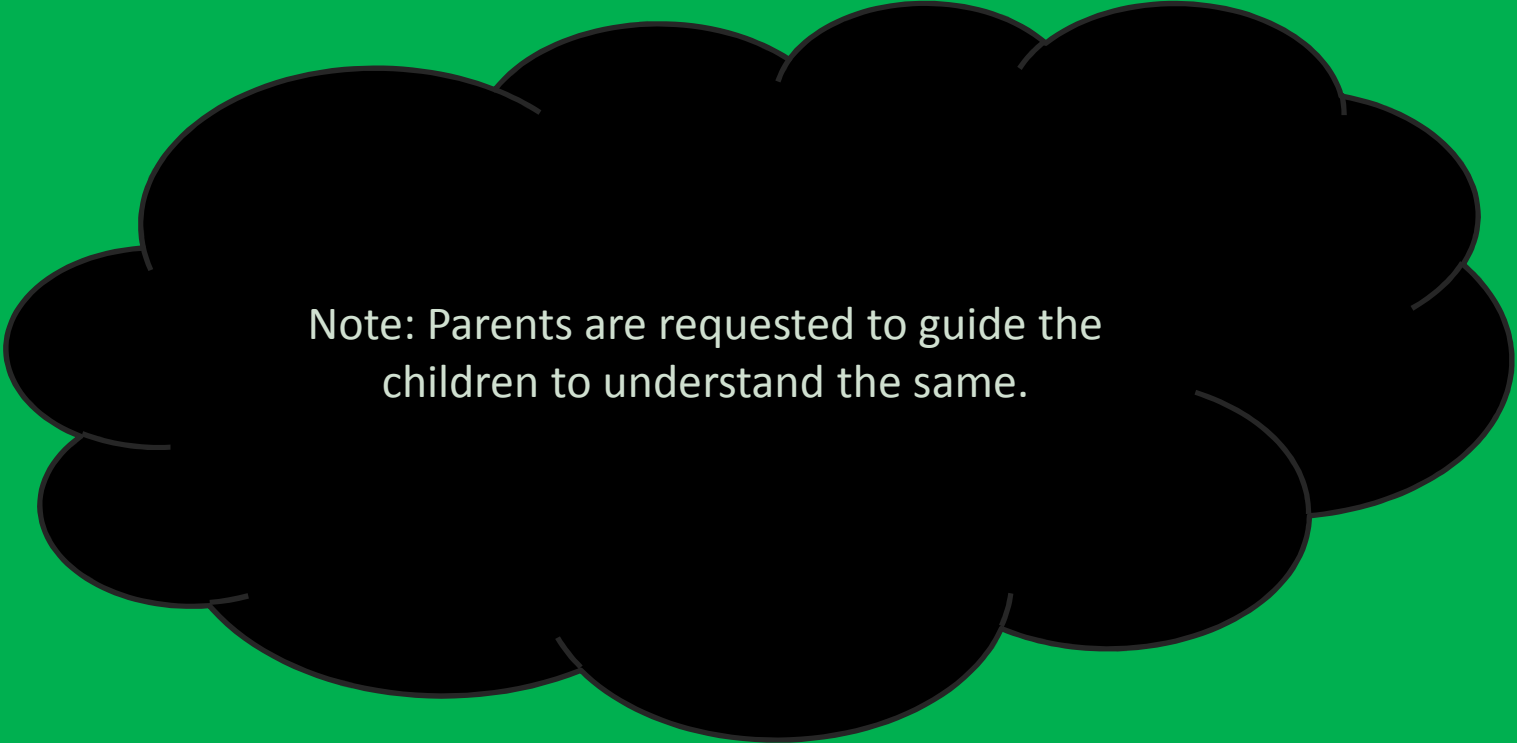
Vitamins

Water

HEALTHY FOOD

Healthy food means eating a variety of foods that gives us nutrients.





Note: Parents are requested to guide the children to understand the same.