

Food and nutrition

All living things need **nutrients**. Nutrients are the substances a body uses to build, repair and maintain itself. The process of feeding the body with nutrients is called nutrition.



Fascinating Fact

If you were eaten by a lion, your body would be digested and rebuilt into parts of the lion's body!

After a meal we digest the food we have eaten. Digestion breaks the food down into substances our bodies can use.

Different nutrients

There are five main types of nutrient we need from our food. These are **carbohydrates**, **proteins**, **fats**, **minerals** and **vitamins**. A sixth important part of our diet is roughage or **fibre**.

Fibre

Fibre does not provide nutrition, but it helps bulk up waste so that it passes easily through the body. People who do not consume enough roughage are more likely to suffer from constipation, which can sometimes lead to more serious diseases of the intestines.

Lesson 1

When you have completed this lesson you will be able to:

- explain what is meant by a nutrient, and describe how plants and animals obtain the nutrients they need
- list the five main nutrients the human body needs and explain their role in the diet
- explain the importance of fibre (roughage) in the diet

Plants use sunlight, water and a gas from the air to make the food that gives them energy. They take other nutrients from the soil through their roots. Animals must obtain all the nutrients they need by eating food. Most of our food comes from eating plants, or the bodies of other animals.

Activity 1

Make a list of all the different foods you ate yesterday. Group them in two columns – food from plants and food from animals. Can you think of any foods that do not come from plants or animals?

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