

# The Nutrients in Food – 6<sup>th</sup> Class Project

## Research:

Last week our 6<sup>th</sup> class completed a large volume of research on food - specifically the nutrients in food. We studied the main nutrients in food and the proportions we require to keep healthy. We also learned that the healthy food pyramid is a useful tool for all of us to follow in order to take the required amounts of the correct nutrients for our bodies to stay at optimum good health.

The main nutrients in food are water, carbohydrates, protein, fats, vitamins and minerals.

### Water:

We also learned that up to 60% of the human body is made up of water.

Water is important for carrying nutrients and oxygen to our cells. It helps us to digest foods and keeps us hydrated. We need water to survive.



### Carbohydrates:

Carbohydrates appear in a wide range of foods. The main sources of carbohydrates are bread, pasta, potatoes, etc.

Your intake of carbohydrates affects your blood sugar levels.

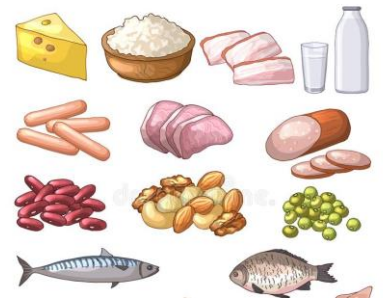
Five to seven servings of carbohydrates are recommended each day depending on activity level.



CARBS

## Protein:

Protein helps in deciding your body structure and is involved in cell division for growth, reproduction and healing. Sources of protein are meat, fish, beans etc. We are recommended to eat two servings of protein each day to stay healthy.



## Fats:

Fats are compounds that appear in foods such as oils, butter, margarines, meat, fish etc. and insulate our bodies. They help regulate body temperature. We should consume these in small amounts.



## Vitamins and Minerals:

Vitamins are important for different body functions. They help keep you healthy. Vitamins work in conjunction with minerals.

e.g Vitamin C helps our bodies absorb iron  
(for healthy blood).

Vitamin D helps our bodies absorb calcium for healthy bones and teeth.

Most vitamins and minerals are contained in foods but sometimes we require extra vitamins and minerals. In these cases we can take a supplement.

We hope you enjoyed reading a taste of our research on food nutrients. Thank you 6<sup>th</sup> class.

