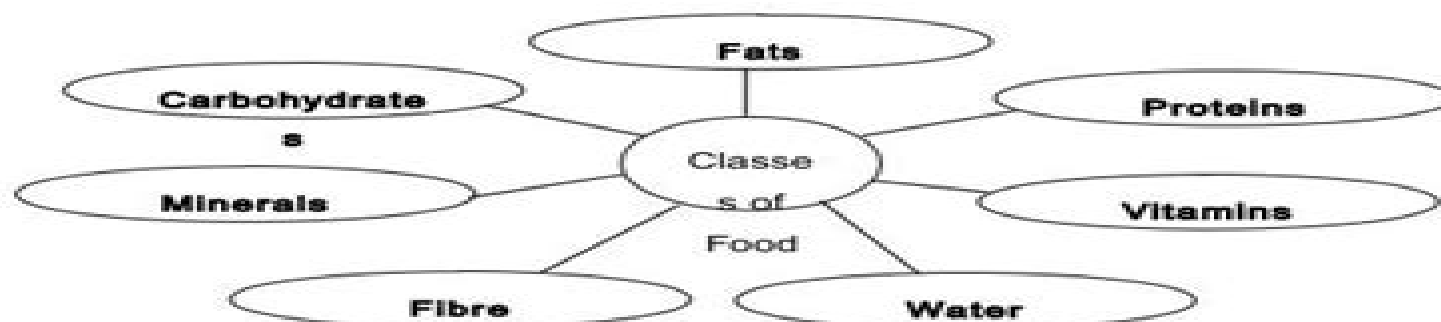


CHAPTER 2: NUTRITION

2.1 Classes of Food



Classes	Functions	Examples
Carbohydrates	Supply main energy to body	sugars: cakes, chocolates, fruits
		starch: rice, bread, potatoes
		cellulose: vegetables, fruit
		glycogen (stored in the liver & muscle)
Fats	Supply more energy & give heat to body	butter, cheese, margarine
Proteins	For growth, repair and replace damaged cells	meat, fish, milk, eggs, beans, peas, nuts
Vitamins	Maintain good health	vegetables & fruits
Minerals	For proper growth & development of body	meat, milk, banana, seafood, eggs
Fibre	To stimulate peristalsis	fruits & vegetables
Water	Medium for chemical reaction in the body	water
	Regulate body temperature	
	Transport digested food & waste materials	

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