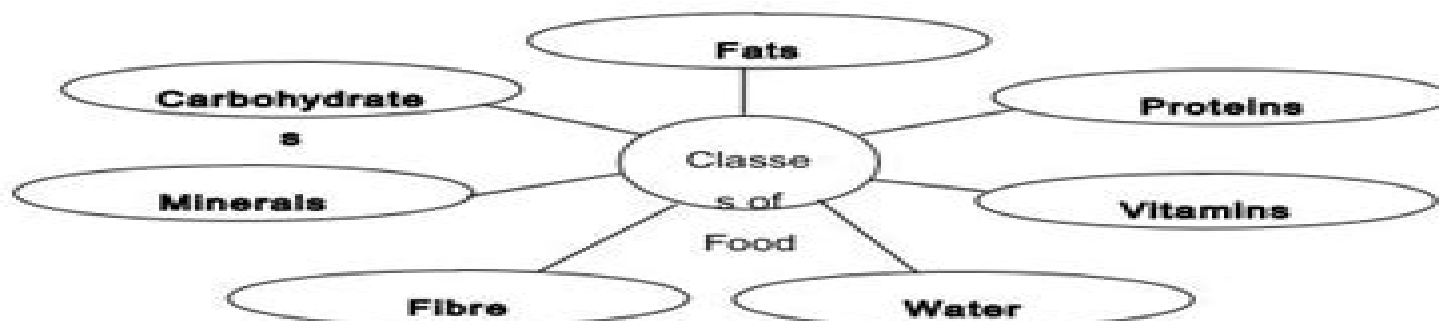


CHAPTER 2- NUTRITION

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	

Science Form Chapter 5

Zhe Xu



Science Form Chapter 5:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Science Form Chapter 5**

In some sort of inundated with displays and the cacophony of quick interaction, the profound power and mental resonance of verbal art usually disappear in to obscurity, eclipsed by the continuous assault of sound and distractions. However, located within the lyrical pages of **Science Form Chapter 5**, a captivating function of literary brilliance that impulses with natural emotions, lies an unforgettable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this exciting opus books viewers on an emotional odyssey, lightly revealing the latent potential and profound impact embedded within the elaborate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is main subjects, dissect their captivating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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