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Subject: Science/ Biology

Name:

Study Sheet: Food groups

Date:

Grade-Section: 7 CS

- Objective:**
- list the nutrients in food.
 - Understand why each nutrient is needed.

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Food group	Role (needed for)	Food sources
<p>Carbohydrates : <i>(Broken down into simple sugars)</i></p> <ul style="list-style-type: none"> - Starch 	<p>Are the primary source of energy for the body.</p>	<p>Starch is found in cereal , rice , potato, beans ,bread .</p>
<ul style="list-style-type: none"> - Simple sugars 	<p>Simple sugars such as glucose Gives a quick burst of energy (They don't need to be digested)</p>	<p>Glucose is found in chocolates and cakes.</p>
<p>Proteins <i>(broken down into amino acids)</i></p>	<ol style="list-style-type: none"> 1. To build new cells . 2. Control some chemical reactions in the cells. 	<p>Proteins are found in fish, chicken ,meat ,eggs ,nuts ,beans and milk .</p>

<p>Fat (broken down into fatty acids and glycerol)</p>	<ol style="list-style-type: none"> 1. To make cell membranes. 2. To protect vital organs . by decreasing friction between organs . 	<p>Meat , fish , chicken, milk and nuts</p>
<p>Vitamins :</p> <ul style="list-style-type: none"> - Fat soluble vitamins (<i>dissolve in fat</i>). - Water soluble vitamins . (<i>dissolve in water</i>) 	<p><i>All vitamins help some chemical reactions to take place in the cells .</i></p> <p>Examples :</p> <ul style="list-style-type: none"> • Vitamin A is involved in allowing the eyes to see in dim light . • Vitamin D : helps the body to take up calcium from food to make strong bones and teeth . 	<ul style="list-style-type: none"> - Fat soluble vitamins are found in fish and dairy products . Example : vitamin A, Vitamin D, Vitamin E and vitamin K. - Water soluble vitamins are found in fruits and vegetables. Example : Vitamin C, B vitamins .

Minerals	<ol style="list-style-type: none">1. Each mineral may have more than one use , example :<ul style="list-style-type: none">- Calcium is needed to make strong bones and teeth.- Iron is used to make the red blood pigment called haemoglobin .2. Help cells to function properly	Minerals are found mostly in fruits and vegetables .
Fibre	<ol style="list-style-type: none">1. Prevents constipation.2. Helps in food digestion .	Fibre is found in fruits and vegetables and also in plant leaves .