The National
Orthodox School
Shmaisani

Lesson : Food groups

Scholastic Year: 2022-2023

Grade: 7CS

Biology

Objective:

List the nutrients in food

Resources:

Workbook page 42

Food contains 5 types of nutrients :

✓Carbohydrates

✓Proteins

✓Fat

✓Vitamins & minerals

✓Fibre

There are 5 types of **nutrients:**

CARBOHYDRATES

FATS

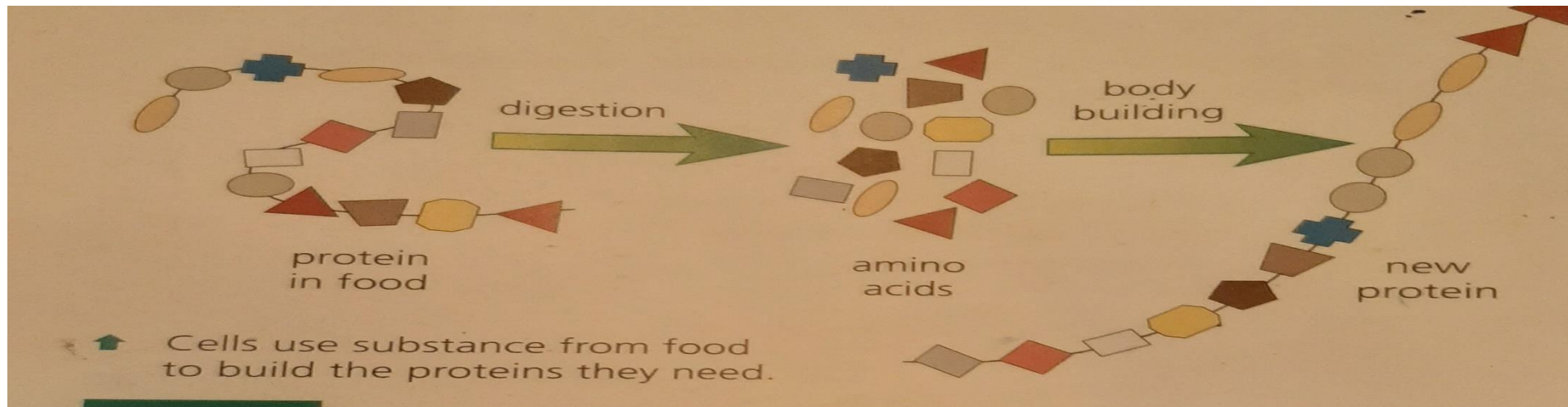PROTEINS

VITAMINS MINERALS

Carbohydrates / fats / proteins

- Carbohydrates are large molecules , they are digested in the body into smaller molecules called **glucose.**

- Glucose is a simple sugar that gives the body a quick burst of energy .

Starch is a carbohydrate that is made of lots of glucose molecules joined together
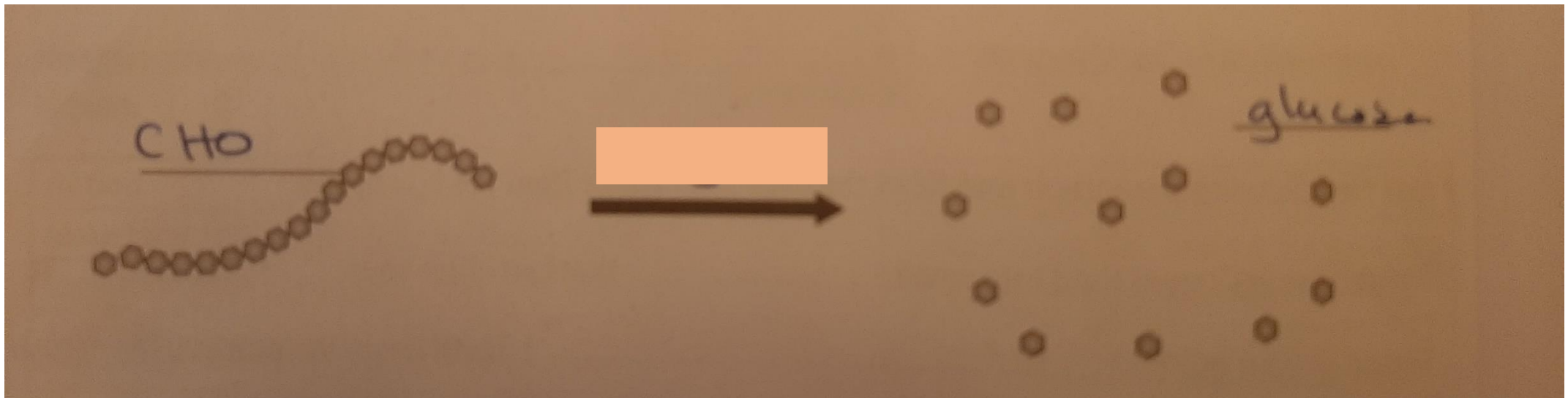
Proteins :
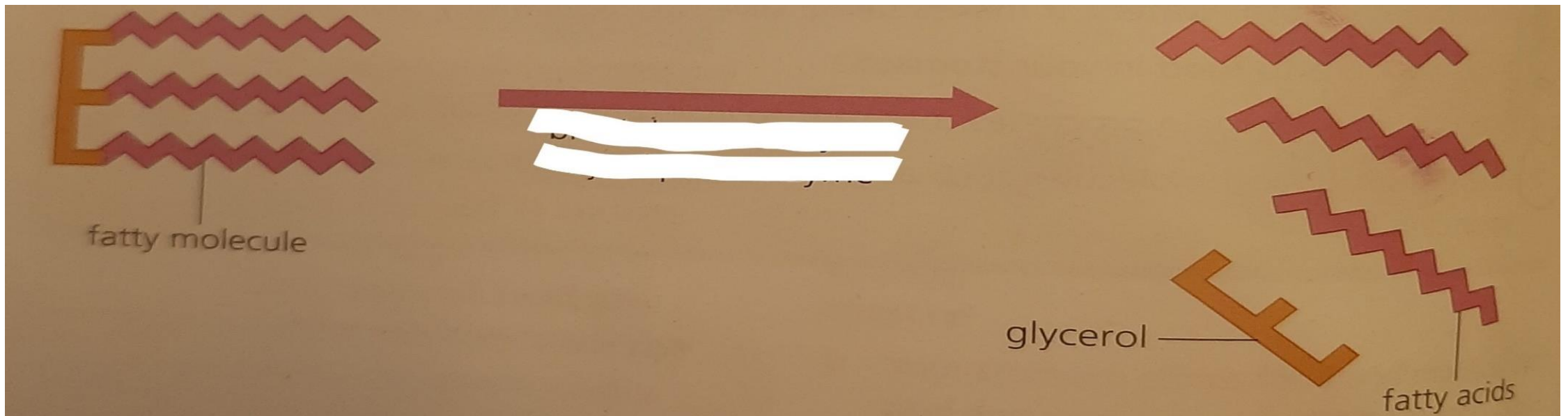
• Proteins are large molecules, they are digested in the body into smaller molecules called **amino acids** .

digestion

body building

protein in food

amino acids

new protein

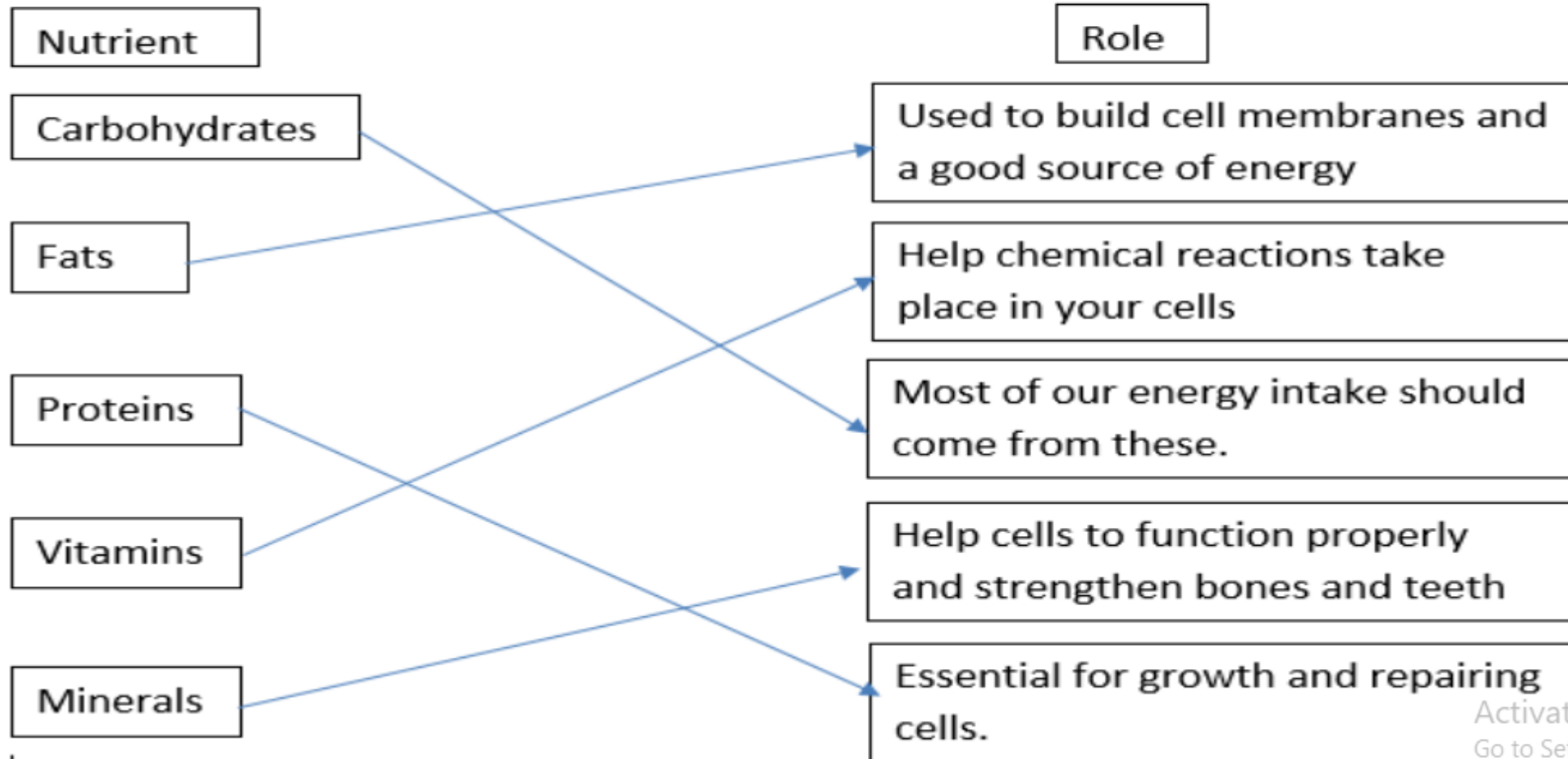Cells use substance from food to build the proteins they need.

Fats :

- Fats are large molecules , they are digested into smaller molecules called **fatty acids and glycerol** .

Workbook page 42 question 1:

Draw lines to match each nutrient to the correct role:

Nutrient		Role
Carbohydrates		Used to build cell membranes and a good source of energy
Fats		Help chemical reactions take place in your cells
Proteins		Most of our energy intake should come from these.
Vitamins		Help cells to function properly and strengthen bones and teeth
Minerals		Essential for growth and repairing cells.

2. Write the names of the main nutrients each of these foods contain.

Choose up to two nutrients from carbohydrates , proteins and fats .

a. Sugar ....CHO.........

b. Oil ......Fat ....

c. Chocolate ....Fat and CHO ....

d. Meat ......Protein and fat ....

e. Cheese ......Protein and Fat ....

Rashid thinks that fat is bad for you .Give three reasons why we need fat in our diet .

Fat is needed to :

1. Make cell membranes
2. Protect vital organs by decreasing friction between organs .
3. Stored source of energy .

Question 4 :

Proteins fats and starch are large molecules made by joining smaller molecules together .

Complete the table to show what is different about each of these small molecules .

Nutrient	Small molecules joined to make them
Starch	Glucose
Proteins	Amino acids
Fats	Fatty acids + glycerol