



# **Healthy Diet**



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## Nutrients in food:

- 1- Carbohydrates.
- 2- Proteins.
- 3- Fats and oils.
- 4- Vitamins and minerals.
- 5- Dairy products.
- 6- Fibers.





#### Carbohydrates

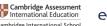
- Bread, rice, cereal, pasta and potato.
- There are two types:
- 1- Starches.
- 2-Sugars.
- They provide energy.
- -Too much can cause overweight.



















#### **Proteins:**

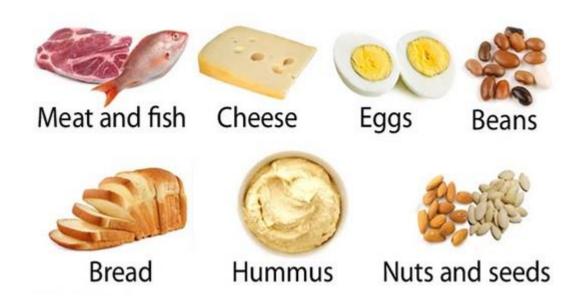
- Chicken, meat, fish, eggs and beans.

- Important for growth, muscle and cell repair.

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# Foods High in Protein



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#### Fats and oils:

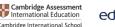
- Butter, nuts and oils.
- Stored as a reserve energy supply.
- Provides insulation against cold.
  - Too much can cause weight gain and heart diseases.





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# Vitamins and minerals:

- Vitamin C: Boosts the immune system. Source ex: citrus fruits
- Vitamin D: For absorption of Calcium. Source ex: Sun and eggs.
- Vitamin E: For healthy skin. Source ex: nuts.
- Vitamin A: For vision. Source ex: Carrots.
- Iron: For healthy blood. Source ex: Meat and green leaves.
- Calcium: For strong bones and teeth. Source ex: Dairy products.
- Zinc: Boosts the immune system. Source ex: Fish.

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- Potassium: Controls blood pressure. Source ex: Bananas.



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#### Fibers:

-Fiber helps food to pass easily through the digestive system.

-Foods that contain lots of fiber are vegetables, fruits, beans, lentils, brown rice and whole- wheat bread.

















#### Water:

-We need water because it has important functions in our bodies:

- 1- Water in sweat cools you down.
- 2- We need water for body processes such as digestion.

We need to drink 6-8 cups of water a day.













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## Thank you