

Food Nutrients



CARBOHYDRATES

- ◆ Examples are **sugars, starches (pasta, potatoes, flour) and cellulose (fibre)**
- ◆ An **immediate source of energy** for the body
- ◆ In the process of respiration, glucose sugar and oxygen give energy and wastes of carbon dioxide and water.
- ◆ All carbohydrates are broken down to **simple sugars (monosaccharides)** by enzymes in the digestive tract

PROTEINS

- ◆ Examples are **meat, eggs, beans**
- ◆ Some body proteins are muscle, haemoglobin, hormones and enzymes
- ◆ Long-chain molecules made of **amino acids**
- ◆ Used to **repair and build body tissues**, but can be used as a last source of energy
- ◆ Digestive enzymes break down proteins into amino acids

LIPIDS (FATS AND OILS)

- ◆ Examples are **butter and oils**
- ◆ Each molecule is composed of 1 **glycerol** molecule and 3 **fatty acid** molecules
- ◆ Bile and digestive enzymes break down lipids into fatty acids and glycerol
- ◆ Used as a **source of energy**, as a **structural and an insulating material**

FOOD NUTRIENT	FUNCTION OF FOOD NUTRIENT	2 EXAMPLES OF FOOD RICH IN THIS NUTRIENT
Sugars		
Starches		
Proteins		
Lipids (Fats and Oils)		