

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)		