

Continue of...

Classes of food



Importance

- For night vision in dim light
- Healthy skin

- Essential for blood clotting



- Release energy from carbohydrates
- Development of red blood cells
- Healthy nervous system
- Healthy skin

- Healthy tissues
- Healing of wounds
- Resistance to diseases

- Prevent sterility in men
- Prevents foetal death in pregnant woman

- Promotes absorption of calcium and phosphorus
- Formation of healthy teeth and bones

**VITAMINS ARE ORGANIC COMPOUNDS.
VITAMINS DO NOT SUPPLY ENERGY OR MINERALS
FOR BODY BUILDING.**

**VITAMINS ARE REQUIRED IN VERY SMALL
QUANTITIES FOR MAINTAINING GOOD HEALTH.**

**Help in clotting of blood
Develops strong teeth and bones
Severe lack of it causes rickets**

Calcium

**Required for forming blood plasma
Required to maintain the permeability of all membranes**

Sodium

Potassium

MINERALS

Iron

Phosphorus

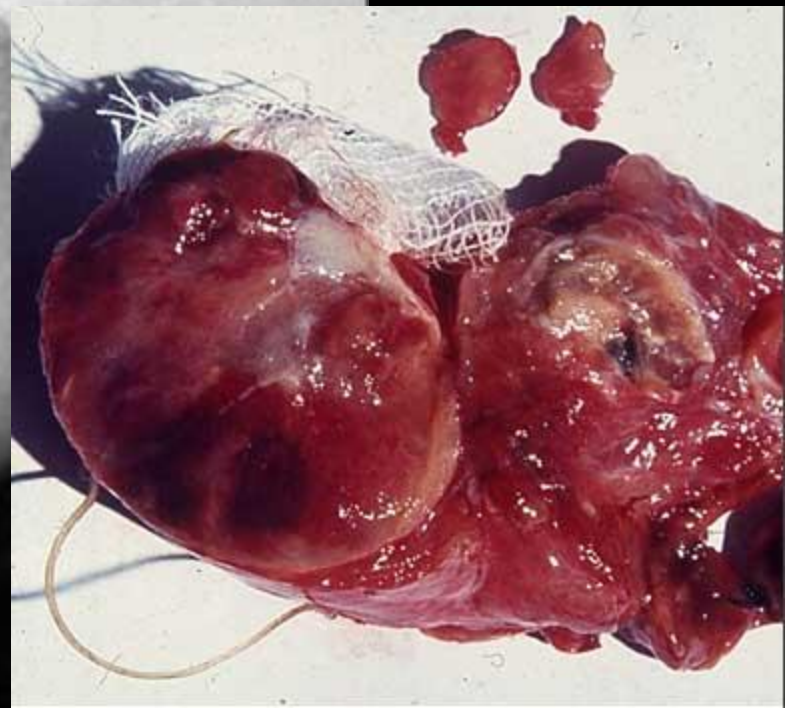
Iodine

**Builds hemoglobin in the blood
Severe lack of it causes anaemia**

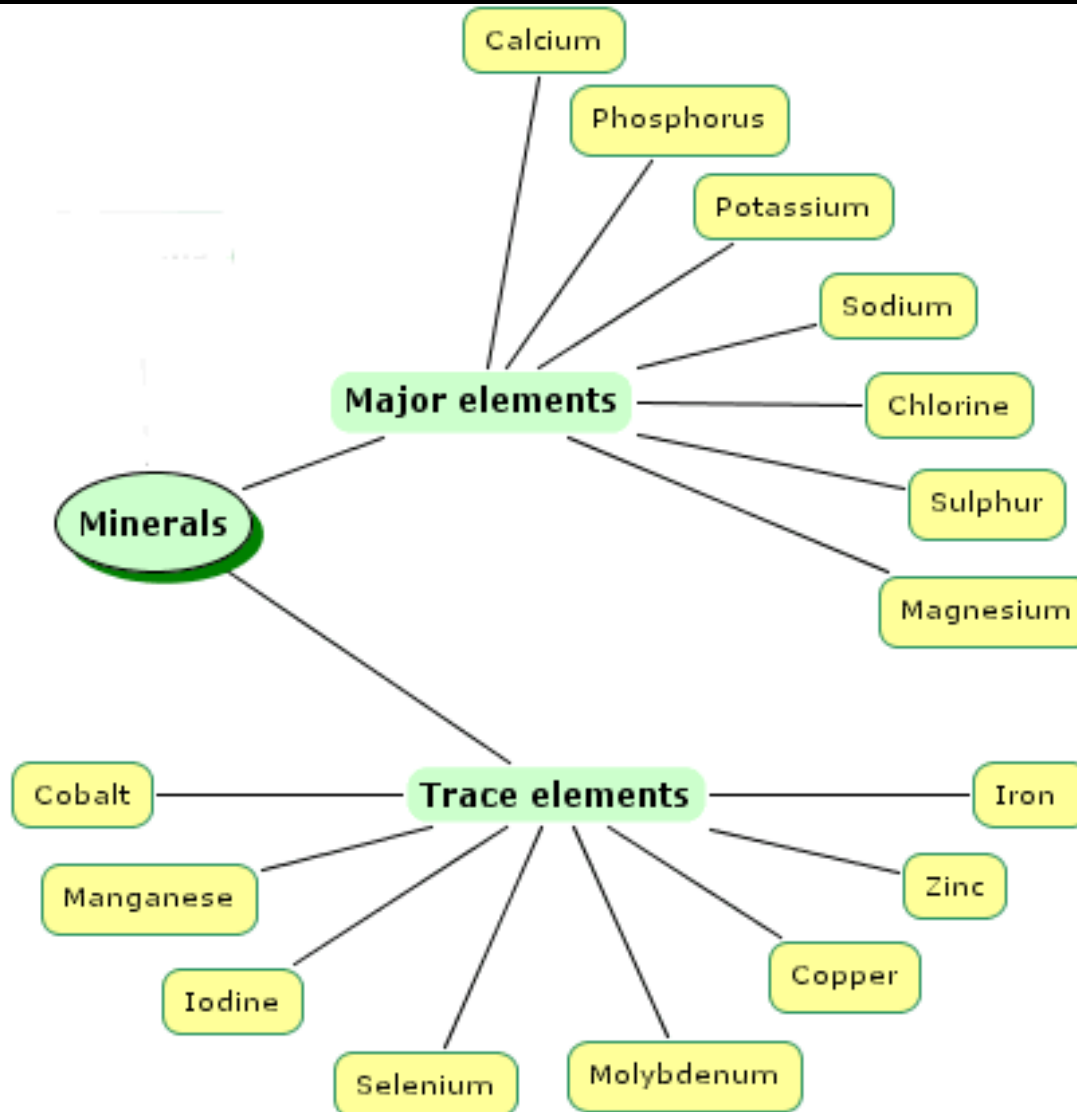
**Required for the thyroid glands to function properly
Severe lack of it causes goitre**

**Essential constituent of nucleic acids in the body
Helps to build teeth and bones**

**Required for muscular contraction
Helps to maintain permeability of cell membrane**



Mineral are inorganic substances or mineral elements
Do not provide the body with energy
Present in our food, come from soil.
Need in very small amount to develop good health



Fiber

Food sources of fiber include whole wheat, bran, fresh or dried fruits, and vegetables

