

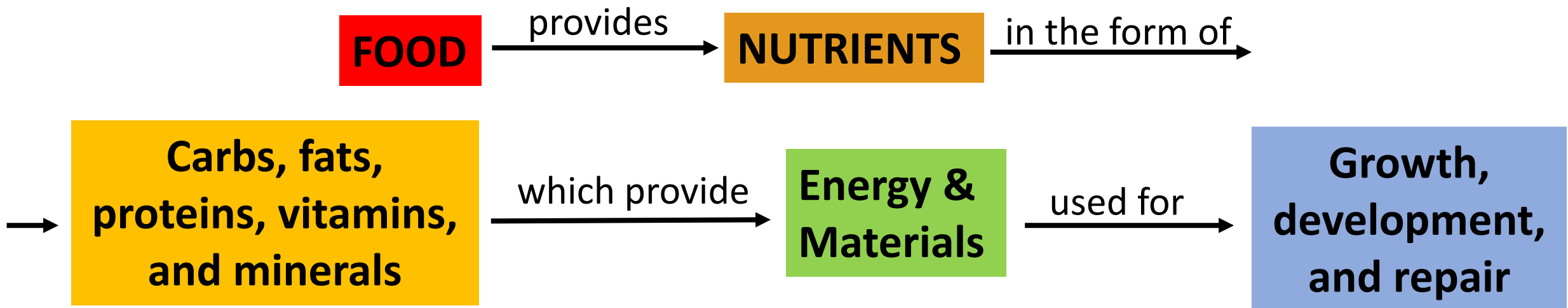
Requirements For A Healthy Body

Lesson 3

Requirements For A Healthy Body

- A healthy body requires nutrients from five groups:
 - Carbohydrates, proteins, fats, vitamins, and minerals
- To grow, your body needs raw materials or **nutrients**
 - Substances the body requires for energy, growth, development, repair, and/or maintenance

minerals
proteins
fats
carbohydrates
vitamins
NUTRIENTS



Requirements For A Healthy Body

- We get nutrients from what we eat and drink, which health professionals call our diet
 - Many think that “diet” means to cut out foods too lose weight, but the word “diet” actually refers to the **amount** and **type of food** you **should eat** to **maintain your health**



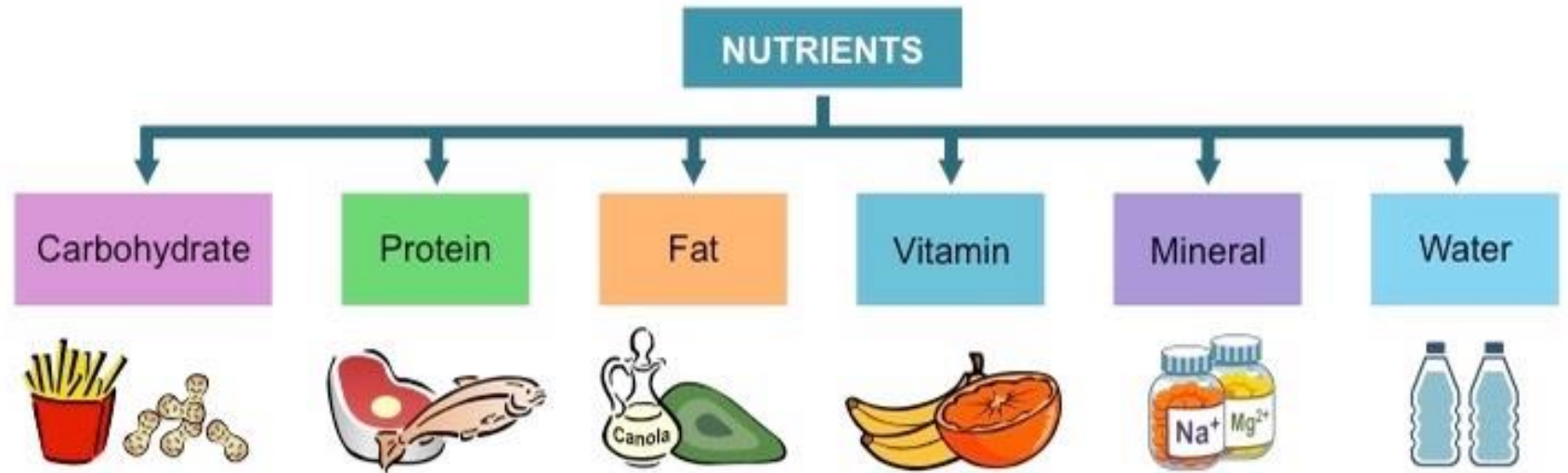
Four Food Groups

- One way to make sure your diet is healthy is to eat a variety of food from all food groups
 - Grain produces
 - Vegetables and fruit
 - Milk and alternatives
 - Meat and alternatives



Types of Nutrients

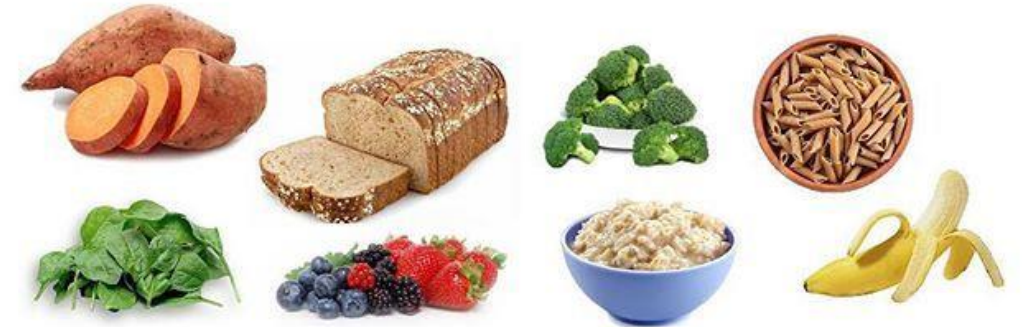
- A balanced diet ensures that you take the correct amount of nutrients your body needs to function
- There are five different types of nutrients you can obtain from food
 - Carbohydrates
 - Proteins
 - Fats
 - minerals



Carbohydrates

- The body's quickest source of energy
- Two types of carbohydrates: **SIMPLE** and **COMPLEX**
- A **simple carb** is a molecule of sugar
 - The most common type of sugar is glucose
 - Glucose is like fuel for you body
- A complex carb is a chain of simple carbohydrates (sugar molecules) joined together
 - Pasta, brown rice, whole grain cereals
 - Your body takes time to break down the chain into simple sugars before it can use the energy

✓ **COMPLEX CARBS**



✗ **SIMPLE CARBS**



Proteins

- Used to build parts of your body's muscles, skin, hair, and nails
- Your body also manufactures proteins for use in various chemical reactions within your cells
- Fish, poultry, nuts, soy, and dairy produces are rich in protein



Fats

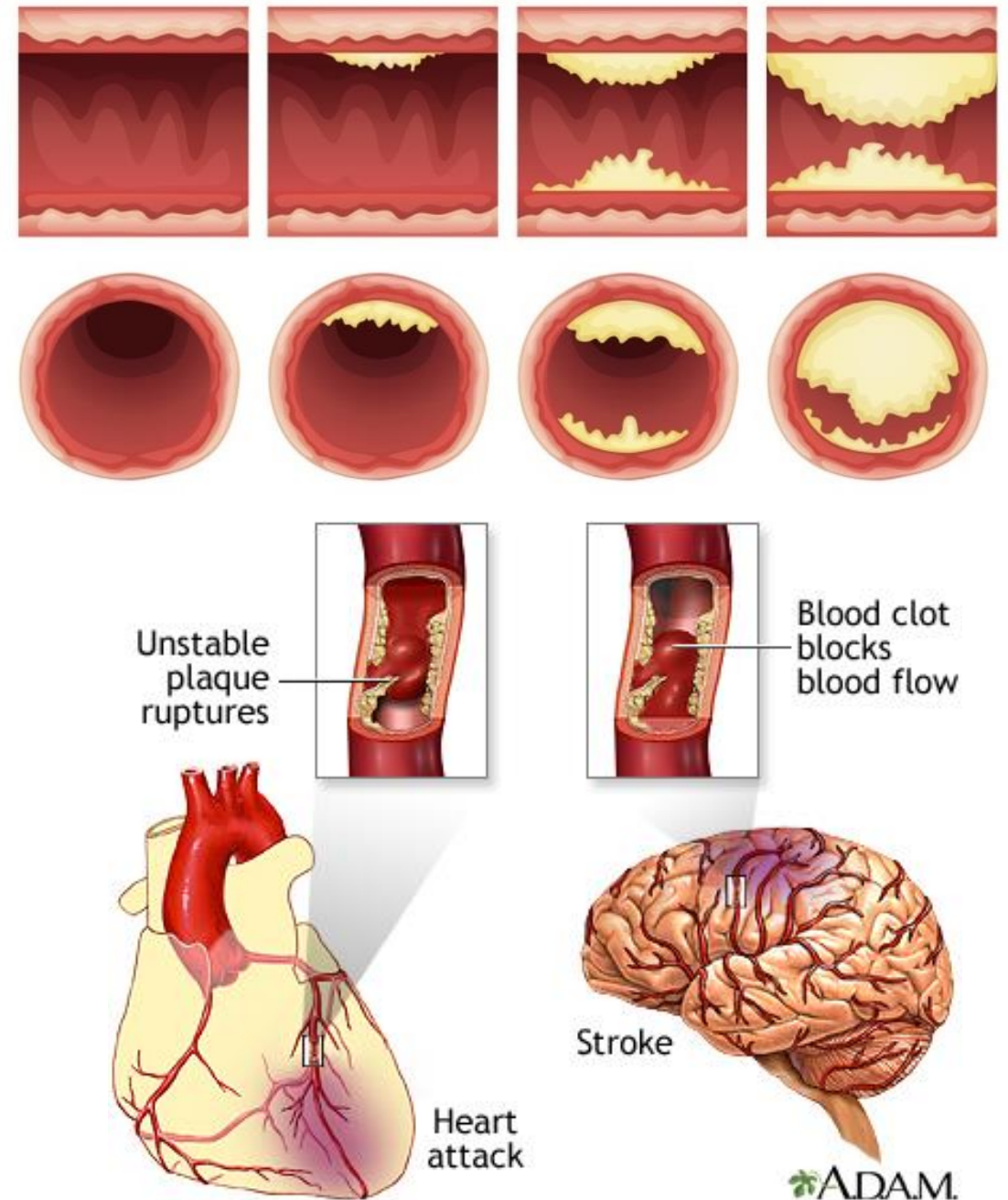
- Used to build cell membranes and can be stored by the body for future energy uses
- Shortening, butter, oil, cream, and meat contain fat
- “Good” fat is often called **unsaturated fat** and comes from fruits, vegetables, and fish, as well as, corn oil, olive oil, and vegetable oil
 - Liquid at room temperature
- “Bad” fat is often called **saturated fats**
 - Animals fats such as butter or lard
 - Solid at room temperature



Fats cont'd

Saturated Fat diet:

- Research shows that diets rich in **saturated fat** can lead to an increase in heart disease (heart attacks) and stroke
- Believed to promote the build-up of a material called **plaque**
 - A fatty material that is deposited along the walls of blood vessels that reduce blood flow



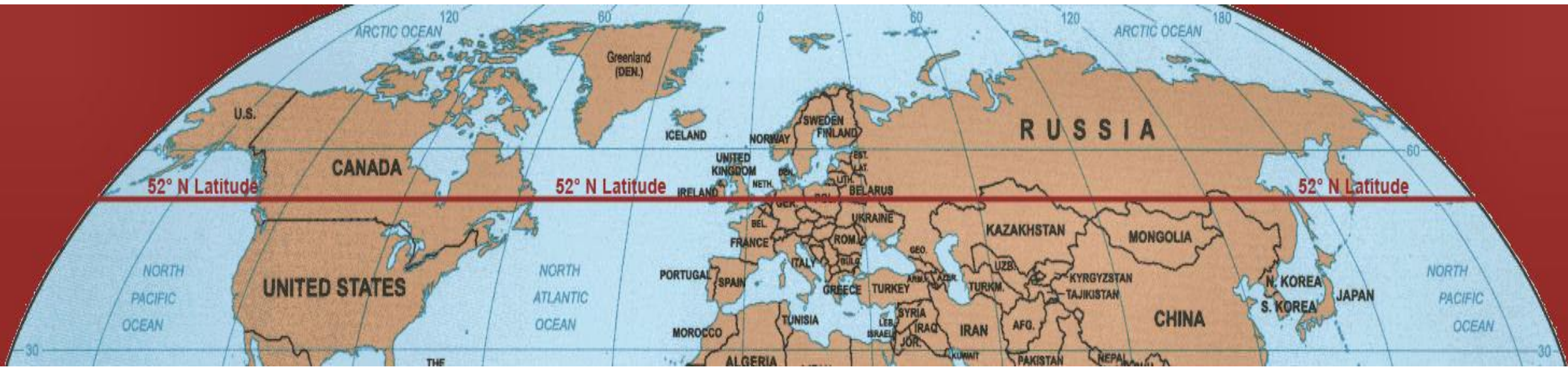
Minerals and Vitamins

- Needed by the body in small amounts to perform various body functions
- Two common minerals and vitamins are calcium and vitamin D
- Calcium is required to help build strong bones
 - Lack of calcium can lead to osteoporosis – a disease that weakens your bones
- Vitamin D is required to assist in absorbing calcium



Minerals and Vitamins

- A person who lacks vitamin D can develop rickets, which causes bones to weaken
- One way to help your body make vitamin D is by simply going outside in the sunlight
 - However, if you live above 52° north latitude, there is not enough sunlight to make vitamin D between the months of October and March
- Drinking beverages with added vitamin D (milk, soy milk) can help you get the vitamin D you need



Water

- Water is not a nutrient, but it is necessary for life
- Transports nutrients and wastes
- Necessary for many chemical reactions
- Needed for cooling the body through perspiration or sweat
- Health authorities recommend about 8 cups or 2 L a day



Questions

1. What is the difference between a simple carbohydrate and a complex carbohydrate?
2. What are two functions of protein
3. Give a food example for each of the five nutrients
4. What is the role of water?