

We need food for 3 main reasons:

- To supply us with a 'fuel' for energy.
- To provide materials for growth and repair of tissues.
- To help fight disease and keep our bodies healthy.

What is meant by a diet:

A variety of food that a person, animal or a community habitually eat.

Sources of food, uses of them:

Protein:

- Makes up around **18%** of the mass in our body.
- Many compounds in the body are made from protein, including enzymes.
- Products with protein are generally found in animal products, such as eggs, cheese, meat, fish etc. Some plant products contain protein, but generally contains less than animal products. Some plant products such as beans, peas and nuts are richer in protein than others.

Carbohydrates:

- Carbohydrates only make up **5%** of the mass of the human body, but they have a very important role.
- Main 'fuel' for supplying our cells with energy.
- Carbohydrates are found in many different places, and there are different 'types' of carbohydrates, they can be found in *grains, fruits, sweets and vegetables*.
- Glucose and other sugars are one sort of carbohydrate.
- Most of the carbohydrates in our body come from starch-products, such as *rice and bread*.

Lipids:

- Lipids consists of *fats* and *oils*, and can be found in *oil, all milk except skim*.
- Generally, animal lipids are solid at room temperature (but melts when you heat it up), while plant lipids are usually liquid at room temperature
- Lipids make up around **10%** of our body's mass.
- Even though lipids are essential to our diet, too much lipid is unhealthy, especially a type called *saturated fats*.

Fibres:

- Can't be digested by stomach, is used to clean out the stomach and intestines.
- Allows other food to go through your stomach easier, and blocks more food from coming in (by making you feel full).

Malnutrition:

Kids in Africa are malnourished.