

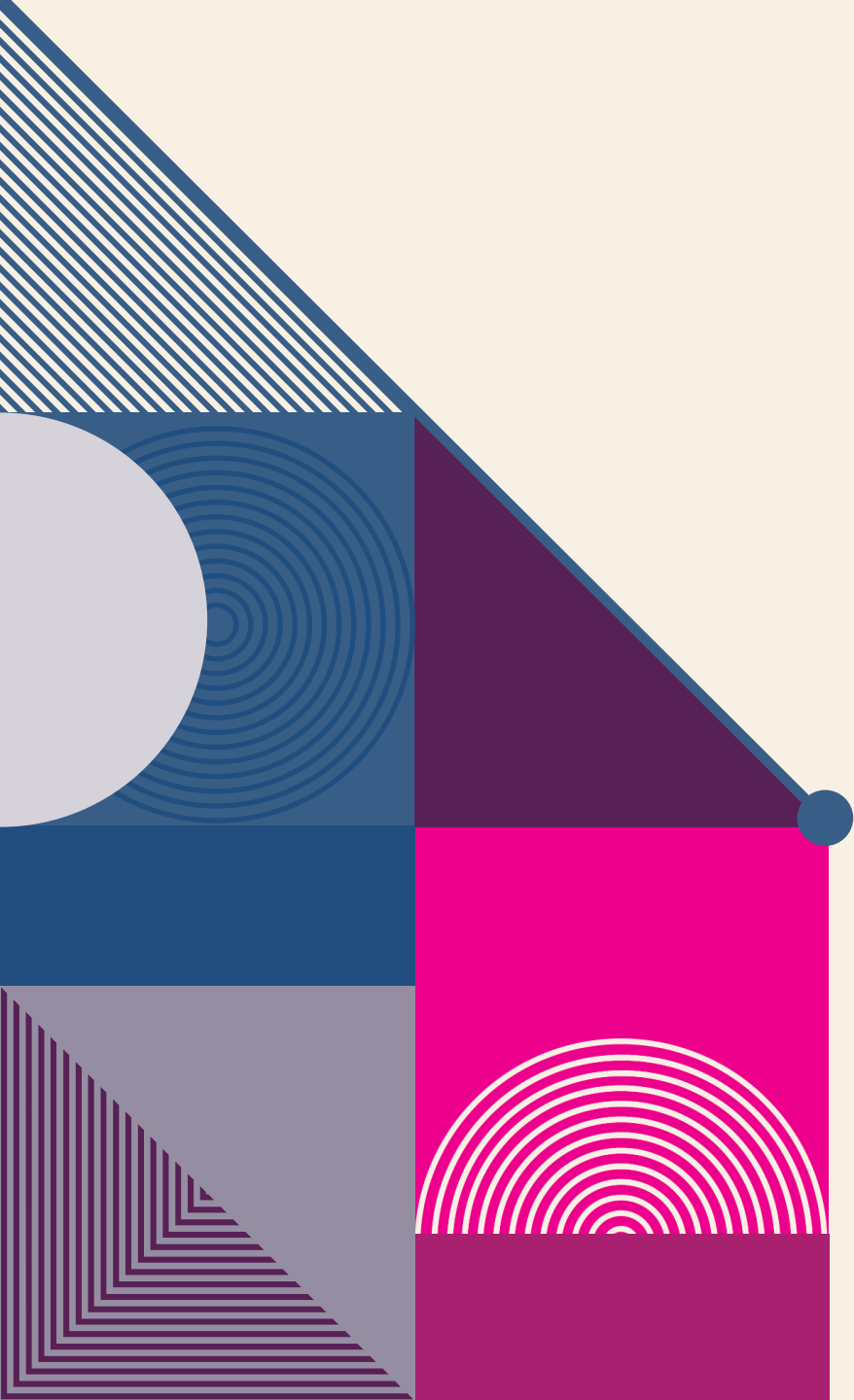


BATALA

BA SEM-5 HOME SCIENCE

FUNCTION OF FOOD

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INTRODUCTION

Overview of the role of food in human life
Food as a source of energy and nutrition



WHY IS FOOD IMPORTANT?

- Importance of food in daily life
- Key nutrients and their roles

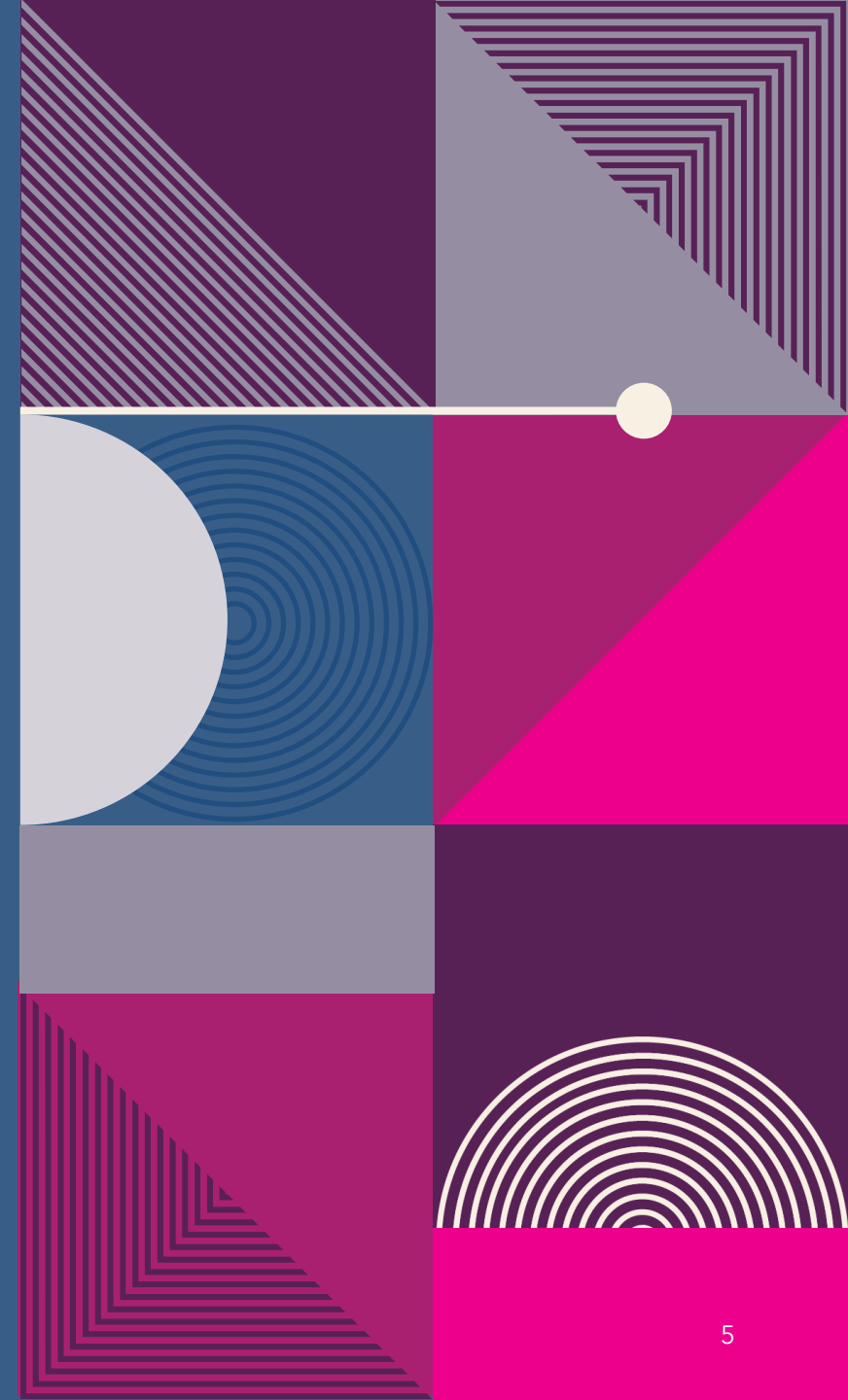


TYPES OF NUTRIENTS IN FOOD

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water
- Fiber

CARBOHYDRATES - ENERGY SOURCE

- Definition and types: Simple and complex carbohydrates
- Function: Provide energy for bodily functions
- Examples of carbohydrate-rich foods



PROTEINS – BUILDING BLOCKS

- Role of proteins in growth and repair
- Amino acids: Essential vs. Non-Essential
- Food sources of proteins (e.g., meat, legumes, dairy)

FATS - ENERGY STORAGE & INSULATION

- Function of fats: Provide energy, insulation, and protect organs
- Types of fats: Saturated, unsaturated, and trans fats
- Food sources of fats (e.g., oils, nuts, avocados)



VITAMINS - ESSENTIAL MICRONUTRIENTS

- Role of vitamins in the body (e.g., immunity, vision, skin health)
- Types of vitamins: Fat-soluble and water-soluble
- Sources of vitamins in food (e.g., fruits, vegetables, dairy)



MINERALS - MAINTAINING BODY FUNCTIONS


- Key minerals and their functions (e.g., calcium, iron, magnesium)
- Food sources rich in minerals (e.g., leafy greens, meat, nuts)

WATER - VITAL FOR LIFE

- Role of water in digestion, circulation, and temperature regulation
- Recommended daily intake of water



FIBER - DIGESTIVE HEALTH

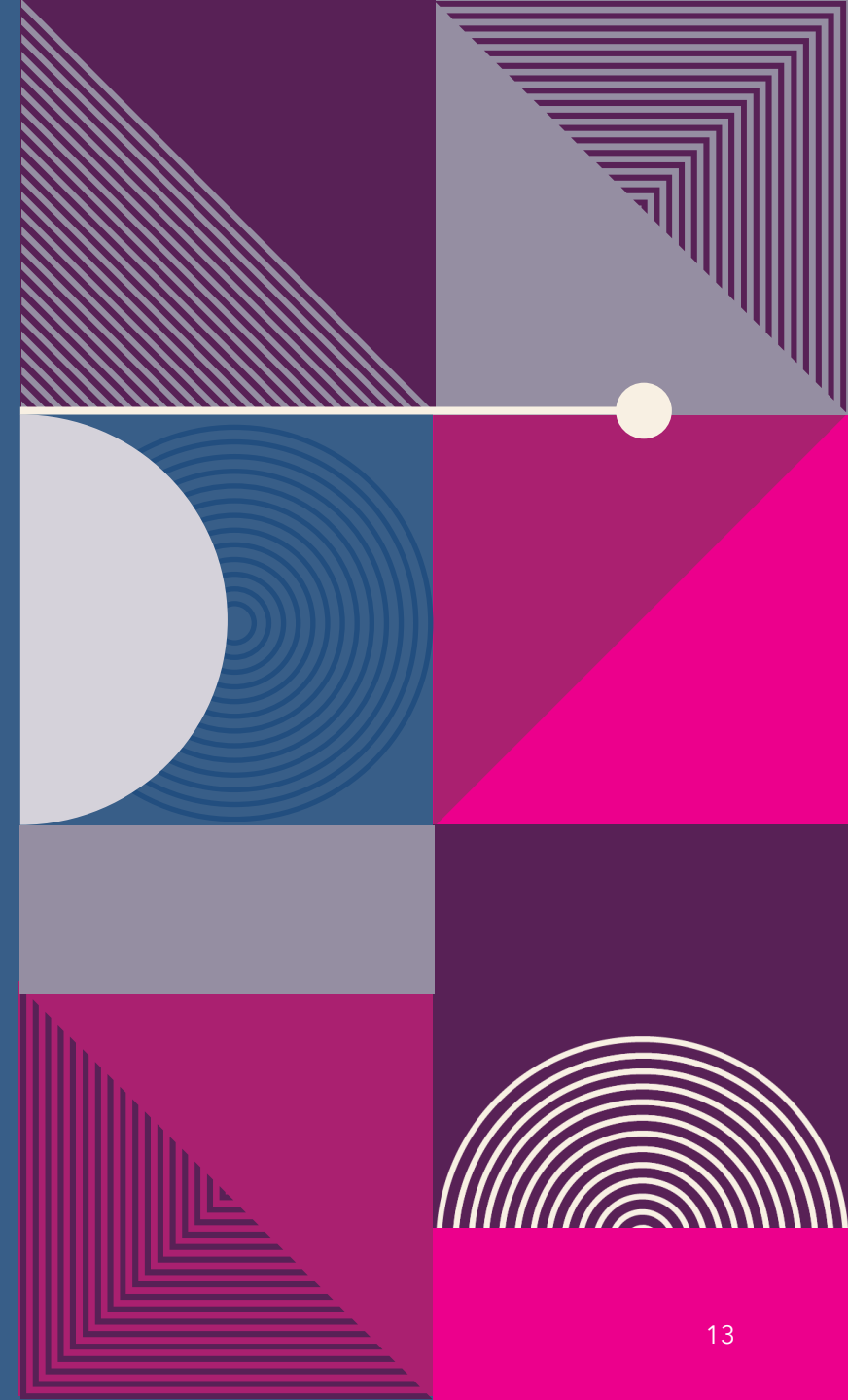
- Role of fiber in maintaining digestive health
 - Types of fiber: Soluble and insoluble
 - Foods rich in fiber (e.g., fruits, vegetables, whole grains)
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FUNCTIONS OF FOOD (OVERVIEW)

- Energy provision
- Growth and development
- Regulation of body functions
- Protection against diseases

ENERGY FUNCTION OF FOOD

- How food provides energy for physical activity, metabolism, and cell function
- Caloric value of different food types





GROWTH AND DEVELOPMENT

- Role of food in supporting growth and development, especially in children and adolescents
- Proteins, vitamins, and minerals crucial for growth



PROTECTIVE FUNCTIONS

Immune system support through nutrition

Role of antioxidants and phytochemicals in
food



BODY REGULATION & MAINTENANCE

- Regulation of body functions: Hormones, enzymes, and metabolic processes
- Foods that regulate bodily functions (e.g., water, fiber, minerals)

FOOD AND DISEASE PREVENTION

- Role of nutrition in preventing chronic diseases (e.g., heart disease, diabetes)
- The importance of a balanced diet



CONCLUSION

- Summary of the key functions of food
- Emphasizing the importance of a balanced diet for overall health



THANK YOU

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