

**Introduction  
to  
Our  
Next Unit**

**DONT  
SIT**

**VIEW RIDGE  
Fitness and Fun!!**

**GET  
FIT!!**

## **FOOD FOR ENERGY AND HEALTH**

Foods that are rich in nutrients – 1. maintain the body's functions, 2. help it grow and 3. provide it with energy. There are three nutrients that provide the body with energy—Carbohydrates, Fats, and Proteins. Vitamins and minerals do not provide energy but are important nutrients that assist the body with its functions and promote health.

Carbohydrates are the body's quickest energy source (4 calories per gram). It is recommended that 55% of the calories in a person's diet come from carbohydrates. Grains, fruits and vegetables are rich sources of carbohydrates. These foods also contain numerous health promoting vitamins and minerals.

Fat is another source of energy for the body (9 calories per gram). It also assists the body with nerve conduction and the absorption of vitamins. Fats are mostly found in the milk, meat and nuts, and oils groups. It is recommended that 30% of the calories in a person's diet come from fat.

Protein is another nutrient that has multiple purposes (4 calories per gram). Its main role is to repair and build the body. When necessary, protein is used as a reserve energy source if there is not enough carbohydrate in the body.

### **Key Vocabulary Words:**

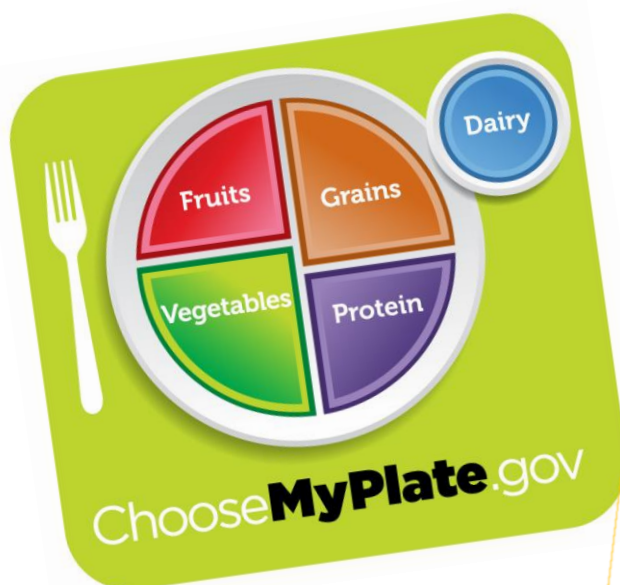
Eating a balanced diet from a variety of foods that are rich in **nutrients (substances found in food that give the body energy)** helps keep a body healthy and strong.

**Diet is the food a person eats every day.** To have a healthy diet, it is necessary to eat a variety of foods from the food guide pyramid each day.

The body obtains energy from the foods a person eats every day. Energy in food is measure by the number of **calories (a unit of measure to calculate the ene5rgy content of food)** it provides to the body.

**Minerals (elements found in food that the body needs – they are not plant or animal related).** are found in food and are essential for health. Minerals are required for a wide variety of functions for the body -- calcium, which is needed for bone growth and muscle movement and iron needed for blood.

**Vitamins (essential substances found in food)** are essential to stay healthy. They are required for a variety of functions for the body and for normal growth. An example, vitamin c is needed for resisting infection and the healing of cuts.



**Carbohydrates!**

**Fats!**

**Protein!**

**The 3 nutrients that  
provide the body with  
ENERGY!!!**