

JSS 2 Home Economics.

TOPIC : FOOD NUTRIENTS.

OBJECTIVES : At the end of the lessons the students should be able to :-

1. Define food, nutrition and nutrients.
2. Mention the types of food nutrients.
3. Explain sources, functions, deficiency diseases of food nutrients.
4. Explain healthy feeding habits.

From the nutritional value of the food we eat, the following classes of food are gotten.

A. Body building foods: These are proteins. They include meat, fish, egg, milk, beans etc.

B. Energy foods: These are carbohydrates and fats. They include rice, wheat, cassava, plantain, nuts, oil, butter etc.

C. Protective foods: These are vitamins and minerals. They include fresh fruits and vegetables, meat, idine, crab etc.

D. Roughages : It is not a nutrient. It's an indigestible part of food such as cellulose. They are found in fruits and vegetables.

Feeding habits : This is one's pattern of eating. They may be healthy and unhealthy feeding habits. Healthy feeding habits result from choosing nutritious foods in a conscious way while unhealthy feeding habits result from poor food choices over a period of time.

Guide lines for healthy feeding habits.

1. Always eat three balanced meals everyday.
2. Choose diets low in sugar and salt.
3. Avoid foods that are saturated in fats and cholesterol.
4. Include plenty fruits and vegetables in your diets.
5. Balance the food you eat with physical activities.

Assignment :

1. Define food hygiene.
2. State two guidelines for food hygiene.
3. List five importance of healthy feeding habits.

