

Module 2 – Nutrients

TERMINOLOGY

Food is any substance, liquid or solid which provides the body with materials necessary for important functions.

Nutrients are the components in food that must be supplied to the body in suitable amounts to be able to perform the important functions.

A **balanced diet** is a diet that contains adequate amounts of all the necessary nutrients required for the needs of an individual at a particular stage in his life.

Module 2 – Nutrients (continued)

FUNCTIONS OF NUTRIENTS

The nutrients that are needed by the body and are obtained from food can be divided into three groups, according to their functions:

Group	A	B	C
Functions	Energy processes	Growth and repair	Regulate body processes
Nutrients	Carbohydrates Fats Proteins	Proteins Minerals Water	Vitamins Minerals Water

Module 2 – Nutrients (continued)

CLASSIFICATION OF NUTRIENTS

- Proteins: Complete, semi-complete and incomplete proteins.
- Fats: Fats and oils.
- Carbohydrates: Monosaccharides, disaccharides and polysaccharide.
- Vitamins: Vitamin A, Vitamin S, Vitamin E, Vitamin K, Vitamin B Complex, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, and Vitamin C.
- Minerals: Calcium, Phosphorus, Iron, Sodium, and Iodine.
- Water.

Module 2 – Nutrients (continued)

DIGESTION AND ABSORPTION

When food has been eaten, it must be broken down in the body by the process of **digestion**. **Absorption** occurs after the food has been broken down; the products are then passed through the walls of the digestive tract into the bloodstream.