

What Do Different Food Items Contain



"Food is a nutritive substance taken by an organism for growth work, repair and maintaining life processes". Food is a kind of fuel for the living things. Just as petrol fuel for our car, in the same way, food is a fuel for our body.

All living organisms such as plants and animals require food. So, food is essential for all living organisms. Most of our food is made of these things. We get food from plants and animals.



Nutrients

There are different types of Nutrients present in our food. These are also called components of food.

Six types of components

- Carbohydrates
- Proteins
- Fats
- Vitamins and Mineral
- Water
- Roughage

