

Nutrition: Nutrition is defined as the process of taking in food and converting it into energy and other vital nutrients required for life. Nutrients are the kind of substances that provide the necessary energy and biomolecules for carrying out various body functions. All the organisms in the universe need nutrients for proper growth and functioning, but they show divergence in how they fulfil their demand. Some of the animals feed on inorganic compounds to meet their requirement of nutrients, while others utilize the complex compounds.

Calorie: A calorie is a unit of energy. In nutrition, calories refer to the energy people get from the food and drink they consume, and the energy they use in physical activity.

Function of calorie

Calories are the amount of energy released when your body breaks down (digests and absorbs) food. The more calories a food has, the more energy it can provide to your body. When you eat more calories than you need, your body stores the extra calories as body fat. Even a fat-free food can have a lot of calories

A balanced diet is made up of foods from food groups: starchy carbohydrates, fruits and vegetables, protein, dairy and healthy fats. Each provides the range of vitamins and minerals our bodies need to function efficiently.

Starchy carbohydrates are the body's main source of energy, therefore it should make up roughly one-third of your diet. Consequently, it's important to understand the different types of starchy carbohydrates and which are the healthier options.

This food group includes potatoes and grains such as wheat, barley and rice. First of all, when choosing starchy carbs, opt for wholegrain where possible to maintain digestive health and give you more fibre, vitamins and minerals. Because research has shown that eating wholegrains (rather than refined grains) reduces the risk of stroke, type-2 diabetes and heart disease.

FRUIT & VEG : FRUIT AND VEGETABLES ARE ALSO AN VITAL PART OF A HEALTHY, BALANCED DIET. THIS IS BECAUSE THEY'RE HIGH IN FIBRE AND PACKED FULL OF VITAMINS AND MINERALS. DIFFERENT COLOURS INDICATE DIFFERENT NUTRIENTS TOO, WHICH EACH PLAY A PART IN KEEPING OUR BODIES HEALTHY

- **1 APPLE, ORANGE, PEAR, BANANA**
- **A HANDFUL OF GRAPES, CHERRIES OR BERRIES**
- **2 PLUMS, SATSUMAS OR KIWIS**
- **150ML OF FRUIT JUICE**
- **30G DRIED FRUIT**