














## SOURCES OF FOOD

NUTRIENTS	SOURCES	FUNCTIONS IN THE BODY	NUTRIENTS	SOURCES	FUNCTIONS IN THE BODY
Vitamin <b>A</b>		<ul style="list-style-type: none"> <li>- Helps keep skin &amp; hair healthy.</li> <li>- Aids in night vision.</li> <li>- Helps protect body from Infection.</li> </ul>	Carbohydrates		<ul style="list-style-type: none"> <li>-An excellent source of energy for the body.</li> <li>-Rich in vitamins, minerals and fiber.</li> </ul>
Vitamin <b>B</b>		<ul style="list-style-type: none"> <li>-Helps body use energy from the foods we eat.</li> <li>-Helps brain, nerves, and muscles function.</li> </ul>	Proteins		<ul style="list-style-type: none"> <li>-Provides energy.</li> <li>-Help to build, maintain, and repair body tissues.</li> </ul>
Vitamin <b>C</b>		<ul style="list-style-type: none"> <li>-Helps heal wounds &amp; helps body fight against infections.</li> <li>-Helps maintain healthy bones, teeth &amp; blood vessels.</li> </ul>	Fibre		<ul style="list-style-type: none"> <li>-Aids in digestion.</li> <li>-Helps promote regularity.</li> </ul>
Vitamin <b>D</b>		<ul style="list-style-type: none"> <li>-Helps the body use calcium and Phosphorus.</li> <li>- Plays a role in building strong bones and teeth.</li> <li>-Non Food Source- SUN </li> </ul>	Fats		<ul style="list-style-type: none"> <li>-Provide substances needed for growth and healthy skin.</li> <li>-Enhance the taste and texture of food and provides energy.</li> </ul>
Vitamin <b>E</b>		<ul style="list-style-type: none"> <li>-Helps form red blood cells, Muscles, and other tissues.</li> </ul>	Iron		<ul style="list-style-type: none"> <li>-Helps make hemoglobin in red blood cells which is essential for carrying Oxygen.</li> </ul>
Vitamin <b>K</b>		<ul style="list-style-type: none"> <li>-Helps blood to clot.</li> </ul>	Calcium		<ul style="list-style-type: none"> <li>-Helps build, maintain healthy bones &amp; teeth.</li> <li>-Helps heart, nerves, and muscles work properly.</li> </ul>

## FOOD PYRAMID

