### SOURCES OF FOOD

<table>
<thead>
<tr>
<th>NUTRIENTS</th>
<th>SOURCES</th>
<th>FUNCTIONS IN THE BODY</th>
</tr>
</thead>
</table>
| Vitamin A | - Helps keep skin & hair healthy.  
- Aids in night vision.  
- Helps protect body from infection. |
| Vitamin B | - Helps body use energy from the foods we eat.  
- Helps brain, nerves, and muscles function. |
| Vitamin C | - Helps heal wounds & helps body fight against infections.  
- Helps maintain healthy bones, teeth & blood vessels. |
| Vitamin D | - Helps the body use calcium and Phosphorus.  
- Plays a role in building strong bones and teeth.  
- Non Food Source - SUN |
| Vitamin E | - Helps form red blood cells, Muscles, and other tissues. |
| Vitamin K | - Helps blood to clot. |
| Carbohydrates | | - An excellent source of energy for the body.  
- Rich in vitamins, minerals and fiber. |
| Proteins | | - Provides energy.  
- Help to build, maintain, and repair body tissues. |
| Fibre | | - Aids in digestion.  
- Helps promote regularity. |
| Fats | | - Provide substances needed for growth and healthy skin.  
- Enhance the taste and texture of food and provides energy. |
| Iron | | - Helps make hemoglobin in red blood cells which is essential for carrying Oxygen. |
| Calcium | | - Helps build, maintain healthy bones & teeth.  
- Helps heart, nerves, and muscles work properly. |

### FOOD PYRAMID

- **SWEETS**
- **WEEKLY ONCE**
- **OPTIONAL**
- **DAILY**

- **CHOCOLATES**
- **EGGS, PULSES, NUTS, OIL**
- **MILK & MILK PRODUCTS**
  - Ghee, butter, butter milk
- **VEGETABLES & FRUITS**
  - Locally grown & seasonal
- **WHOLE GRAINS**
  - Rice, Wheat, Ragi, Jowar, Bread

**6 TO 8 GLASSES OF WATER**

**PHYSICAL ACTIVITIES**