

## FOOD GROUPS

L.No	Title of Lesson	SKILLS	Activity
3	Food Groups	Interpersonal Relationship and Effective Communication, Problem Solving and Decision Making	Understanding of all food groups for effective meal planning

### Summary

Food groups made on the basis of nutrient content are present in each food. Nutrients are required for energy, body building, repair of tissues and protection from diseases. Knowledge of food groups is essential for meal planning. If we just choose one food item from each food group, our meal will be balanced, healthy and well suited to the needs of each member. There are various factors affecting meal planning that enable us to plan a nutritional meal.

Sl.No.	Nutrient	Function	Food
1.	Carbohydrates and Fats	Energy giving food	cereals, fats, sugar
2.	Proteins	Body building food	pulses, milk, meat, chicken
3.	Vitamins and Minerals	Regulatory and Protective foods	fruits and vegetables

### Principal Points

Group 1	Group 2	Group 3	Group 4	Group 5
<b>Cereal, Grains</b>	<b>Pulses and legumes</b>	<b>Milk, eggs, meat products</b>	<b>Fruits, vegetables</b>	<b>Fats, sugar</b>
Carbohydrates, Protein, vit-B, Iron, Fibre	Protein, Carbohydrate, Vit- B, Fiber	Protein fat, Vit-A, calcium	Vit-A and C, Fibre, Calcium, Iron	Carbohydrate, Fat

### Build Your Understanding

Balanced diet is the combination of one food item from each group. This diet will contain all the nutrients in adequate quantity as per the needs of the body.

Meal planning is the process of planning each meal such that our body gets all essential nutrients every day. Factors that affect meal planning are:

- Age
- Occupation
- Seasonal availability
- Sex
- Budget
- Weather
- Physiological condition

**What's Important to Know?**

Food Management Skills

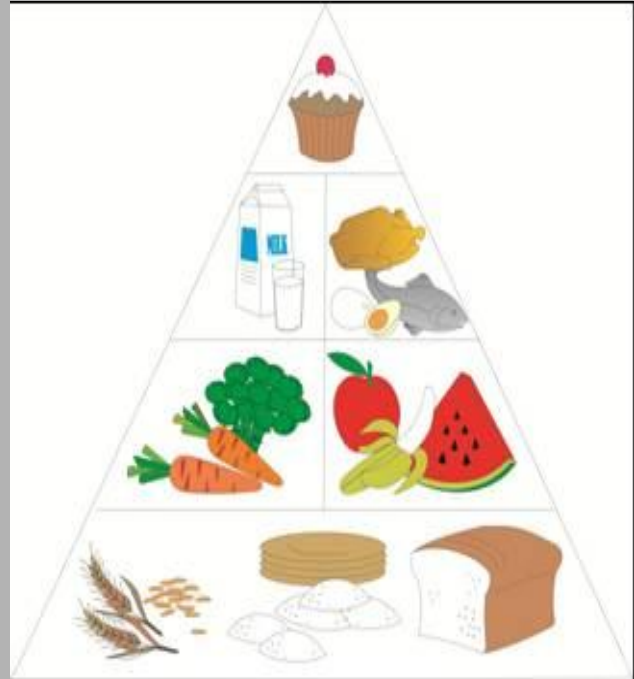
- Provide variety
- Fulfil nutritional needs
- Use underutilised foods
- Creative use of leftover food
- Consider likes and dislikes
- Six servings of balanced meal

Example of a planned meal:

S.No.	Five Food Group	Meal 1	Meal 2
1	Cereals	chappati	rice
2	Pulses	arhar dal	urad dal
3	Milk/ Eggs/ Flesh Foods	paneer curry	chicken curry
4	Fruits and Vegetables	potato and bean subji, salad, fruits	potato pea subji, salad, fruits
5	Oil/ Ghee/ Sugar	used for cooking	as sweetner

**Did You Know?**

If you remember this pyramid you will never go wrong in planning meals.



**Extend Your Horizon**

Your grandmother is suffering from osteoporosis. Plan a meal for her. Which nutrient would you advise her to have everyday or often?

**Maximize your marks**

Read the case studies carefully and perform activities suggested in the lesson to understand the topic clearly.

**Evaluate Yourself**

1. The doctor has advised you to take a high protein diet. What food items will you include in your daily meal?
2. When cereals are combined with pulses what kind of nutrients are supplemented?
3. Which vitamin is found least in refined cereals?
4. What kind of foods are the main sources of energy?
5. What is the difference between complete food and balanced diet?