

17 – Nutrients in food

01. Tasks to be done by student :

- Study about **Types of nutrients in food, foods that are rich in each nutrient, importance of each nutrient** by studying the contents well under the sub topic of **Food and nutrients** on pages 86 to 93 of your text book.
- Do the **Activity 17.1** and **Activity 17.2** on page 92 of your text book.
- Prepare a short note what you learnt here.

02. Resources that can be used for above activities:

- Pupils text book – part II (pages 86 to 93)
- E-nenapiyasa
<https://www.enenapiyasa.lk/lms/course/view.php?id=22#section-17>
- E-Thaksalawa
<https://www.e-thaksalawa.moe.gov.lk/moodle/course/view.php?id=966#section-17>
- NIE Guru Gedara
- DP Education

03. Learning outcomes to be achieved in this lesson :

- State that food contains nutrients such as carbohydrates, proteins, lipids, vitamins and minerals
- Give examples of items of food rich in carbohydrates, proteins, lipids, vitamins and minerals

04. Evaluation :

Fill in the blanks with suitable words.

- (i) Soya bean is rich in
- (ii) is the nutrient which supports the growth of the body.
- (iii) and are involved in protecting body from diseases.
- (iv) in food, prevent the constipation.