

The role of the food groups

HYDRATION AND CIRCULATION



The human body is an aqueous environment. Water is an essential component of cells and represents about 60% of body weight. We need to absorb two to three litres of water every day to hydrate the body. Of those 2 to 3 litres, only 1 or 2 litres should be consumed as drinks. The rest is provided by food, which almost always contains water.

For example, tomatoes are particularly rich in water. Between 90 and 95%! Water also transports nutrients throughout the body, to our cells where they are used.



Keywords > The water content of a tomato: 90 – 95%

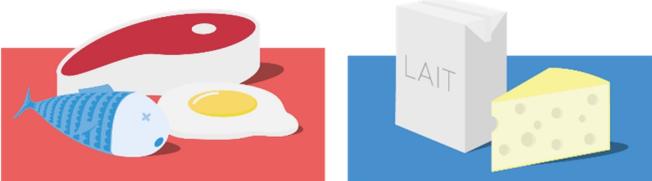
It is important to absorb water in DIGESTIX. If not, you will quickly dehydrate and will have to start the level you were on all over again.

FUNCTION AND PROTECTION



The fruit and vegetable group plays a role in body function and protection, especially thanks to vitamins, which protect us against illness and allow the body to use the nutrients it receives.

BUILDING

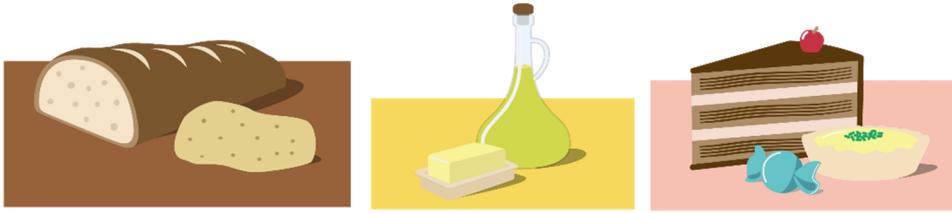


The meat group helps build the body. It primarily contains proteins which are needed to build muscles and skin. The 'dairy products group' contain minerals such as calcium. These minerals are vital for building bones and teeth.

The meat and dairy products groups both help 'build' the body. This is why they are sometimes called **construction** groups or groups with a **structural role**.

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ENERGY



There are three groups left: cereals, fats and sweets. These groups primarily perform an **energy-giving role**. The body constantly requires energy, even when asleep. It needs energy to keep the heart beating and blood circulating and to breathe, walk, run and carry out a wide range of other activities! Carbohydrates provide immediate energy, while fats are considered as 'reserve' energy the body can store. This reserve energy allows us to keep going during long-term energy expenditure.

The role of the food groups

Approximately how much of the human body is water?

- 20%
- 60%
- 95%

Besides hydration, what other role does water play in the body?

- Building
- Circulation
- Protection

What is the role of fruit and vegetables in the body?

- Function and building
- Cleaning and building
- Function and protection

Which food is involved in building the body?

- Meat and dairy products
- Cereals and fats
- Drinks, fruit and vegetables

Which food provides the body with energy?

- Cereals, sugary products and fats
- Dairy products and meat
- Drinks, fruit and vegetables

Your body needs energy even when you are asleep.

- False
- True

Which nutrient provides a source of energy the body can access quickly?

- Proteins
- Lipids
- Carbohydrates

Answers

Approximately how much of the human body is water?

20%

Wrong! That's how much water there is in a dried apricot.

60%

Well done! Around two thirds of your body is water. This is why it is essential that you renew your water reserves every day.

95%

Wrong! That's how much water there is in a jellyfish.

Besides hydration, what other role does water play in the body?

Building

Wrong! Other nutrients fulfil this role.

Circulation

Well done! Water helps nutrients circulate through your body.

Protection

Wrong! Other nutrients fulfil this role.

What is the role of fruit and vegetables in the body?

Function and building

Wrong! Other nutrients fulfil the building role, but you're on the right track.

Cleaning and building

Wrong! Other nutrients fulfil these roles.

Function and protection

Well done! Fruit and vegetables are rich in vitamins, which help your body use nutrients and also protect you against illnesses.

Which food is involved in building the body?

Meat and dairy products

Well done! Meat mainly contains proteins required by your muscles and skin. Dairy products provide the minerals that your teeth and bones require.

Cereals and fats

Wrong! These contain carbohydrates or lipids which provide you with energy.

Drinks, fruit and vegetables

Wrong! Drinks hydrate your body while fruit and vegetables provide vitamins to protect it and help it to function.

Which food provides the body with energy?

Cereals, sugary products and fats

Well done! This kind of food contains carbohydrates and lipids, which provide the energy required for your body to function.

Dairy products and meat

Wrong! This food is mainly responsible for building your body.

Drinks, fruit and vegetables

Wrong! Fruit and vegetables play a protective role and drinks hydrate your body.

Your body needs energy even when you are asleep.

False

Wrong! Does your body stop functioning when you are asleep?

True

Well done! Energy helps you walk, eat and work when you are awake but, when you are asleep, your heart continues to beat and you continue to breathe, so you need energy for your body to keep these functions going.

Which nutrient provides a source of energy the body can access quickly?

Proteins

Wrong! Proteins are building elements for your body.

Lipids

Wrong! Lipids are a source of energy, but your body stores them and uses them later, when it needs them.

Carbohydrates

Well done! Carbohydrates are a source of energy your body uses immediately.
