

B.A. (General) III Year Home Science

PAPER – A : FOODS AND NUTRITION

CLASSIFICATION OF FOOD BASED ON FIVE FOOD GROUPS

A presentation by :-

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I.C.M.R. India has given five food group plan. Including food stuffs from all the five food groups is required to make a meal balanced.

Group I – Cereals, Roots and tubers

- All these primarily supply energy.
- This group includes foods like wheat, jowar, bajra, ragi and other cereals.
- Tapioca, potato, sweet potato arbi and yam come under roots and tubers.
- This group provides calories, protein, iron and vitamins.
- These foods are cheap and are taken in large amounts by the low income groups.
- This group also provides thiamine and niacin.

Group II – Protein – giving foods.

- The food stuffs in this group are primarily sources of protein though cereals also furnish protein.
- It provides protein both from the vegetable and animal kingdom.
- Dals, grains, peas, beans, groundnuts, cashew nuts, almonds, coconut, milk, curd, butter-milk, paneer (Cottage cheese) khoya, eggs, fish, mutton, chicken, pork and other flesh foods come under this group.
- Milk and dairy products also provide calcium and riboflavin.
- Meat fish and enggs are good sources of protein, iron and niacin.

Group III – Fats / Oils, Sugar / Jaggary

- All these food stuffs are concentrated sources of energy.
- These include – vegetable oils, vanaspati, ghee, butter, cream, sugar and jaggary.
- This group constitutes about 1/6th of the energy value of the diet but does not add appreciably to the protein, mineral or vitamin levels.
- Butter is also a good source of vitamin A & D.
- Vegetable oils are good source of essential fatty acids.

Group IV – Protective – Vegetables and fruits

- **These are rich sources of minerals and vitamins.**
- **These include green leafy vegetables, yellow or orange fruits and vegetables and citrus fruits.**

Group V – Other Vegetables.

- **These provide variety in taste and texture and furnish roughage in the diet.**
- **These include fruits, stems, leaves and flowers of plants, ladies fingers, brinjals, bitter guards and other guords, cauliflower etc.**
- **They are fair sources of certain vitamins and minerals.**

Thanks