

## **IMPARA FACILE - Sezione 1**

### **The classification of foods**

Foods can be of animal, plant or mineral origin. Based on the main function they carry out in the organism, foods can be body-building (e.g. meat and fish), energy-giving (e.g. fats and cereals), regulatory (e.g. fruit and vegetables) and accessory foods if they carry out a secondary role in nutrition.