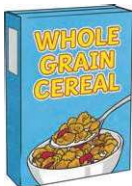
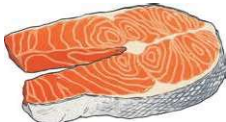




What Do Nutrients Do for Us?



Cut out and match the nutrient type with the reason why we need it and the type of food we would get it from. Give another type of food for each category in the blank box.

Nutrient Type	Foods That Provides Nutrient		Why We Need It
Protein			Keeps you healthy
Carbohydrates			Moves nutrients in the body Cleans waste
Fats			Helps you digest food
Vitamins			Keeps you healthy
Minerals			Gives energy
Water			Grows and repairs your body
Fibre			Gives energy