










# What Do Nutrients Do for Us?



Match the nutrient type with the reason why humans need it. One is done for you.

Nutrient Type	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