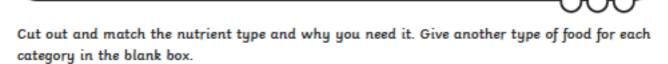


## What Do Nutrients Do for Us?



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



