






What Do Nutrients Do for Us?



Cut out and match the nutrient type and why you need it. Give another type of food for each category in the blank box.

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