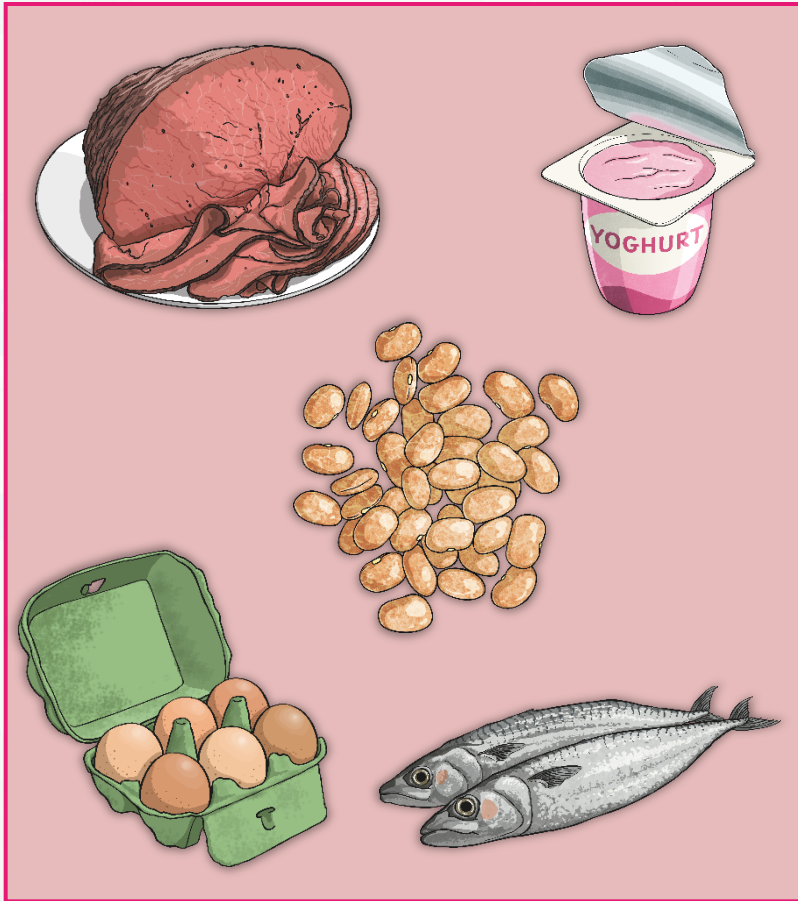


Types of Nutrients - **Proteins**



**Proteins help your body
to grow and repair itself.**

Foods high in protein
include:

Red Meat
Fish
Beans
Yoghurt

Types of Nutrients - Carbohydrates



Carbohydrates give you energy.

Foods high in carbohydrates include:

Bread
Pasta
Fruit
Potatoes

Types of Nutrients - Fats

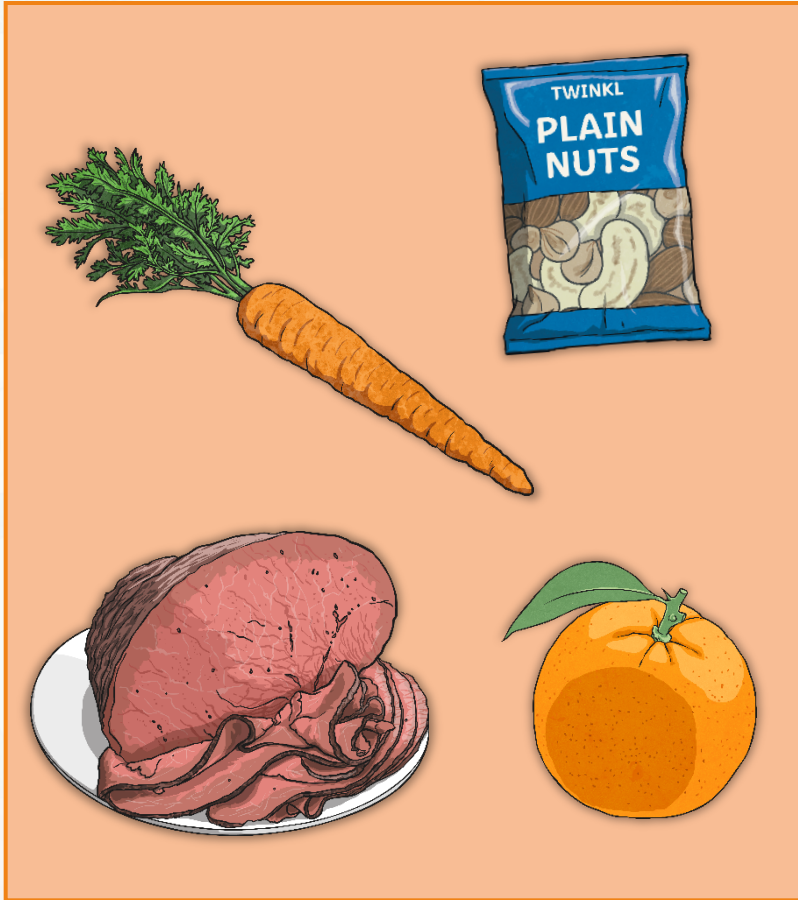


Fats give you energy.

Foods high in fats
include:

Nuts
Oils
Avocados
Butter

Types of Nutrients - **Vitamins**

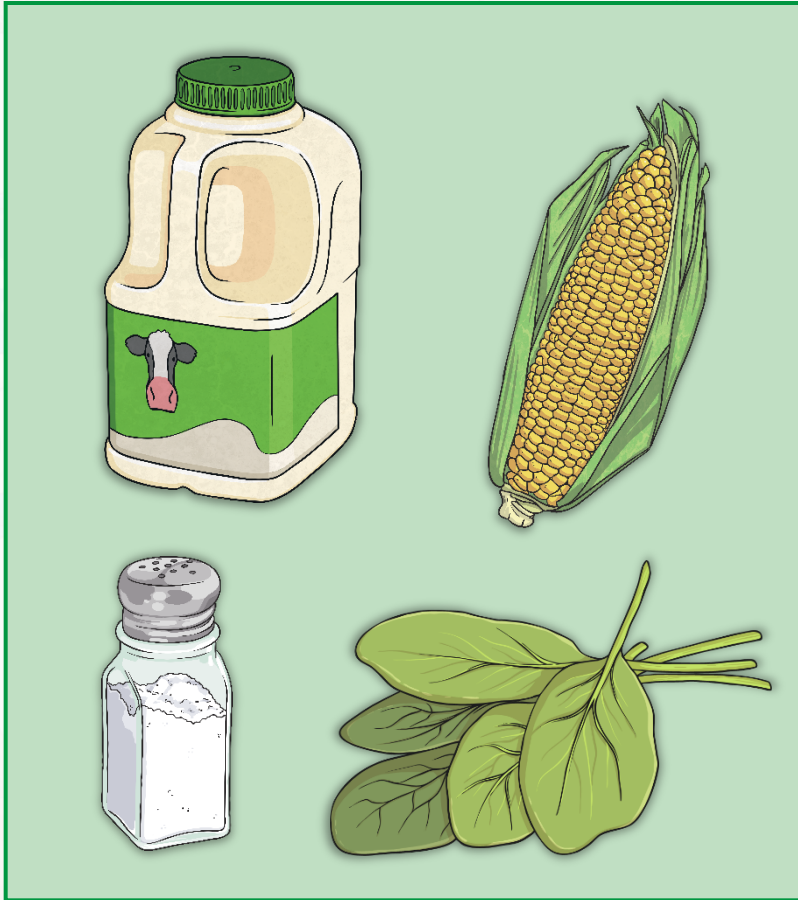


**Vitamins keep your
body healthy.**

Foods high in vitamins
include:

Oranges
Carrots
Beef
Nuts

Types of Nutrients - Minerals

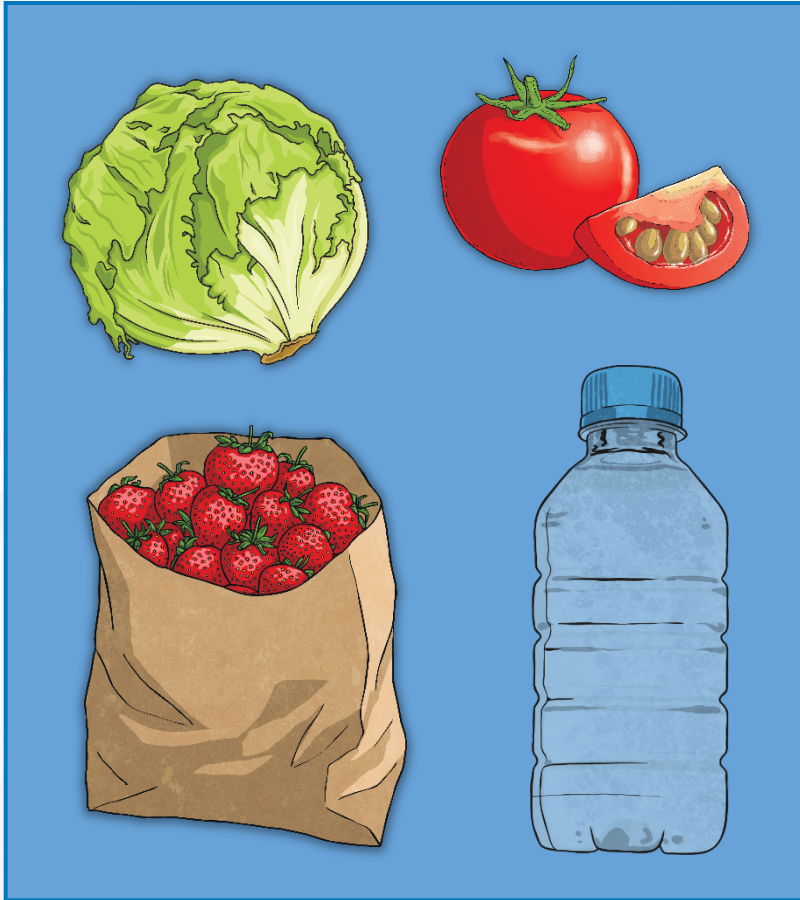


**Minerals keep your
body healthy.**

Foods high in minerals
include:

Milk
Spinach
Salt
Sweetcorn

Types of Nutrients - **Water**



Water helps to move nutrients in your body and get rid of waste that you don't need. It is an essential nutrient for our survival. While it is really important to drink plenty of water, it is also important to remember that many foods contain water also.

Foods high in water include:

Tomatoes
Cucumbers
Lettuce
Strawberries

Types of Nutrients - Fibre

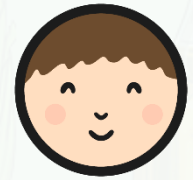


**Fibre helps you to digest
the food that you
have eaten.**

Foods high in fibre include:




Cereal
Apples
Wholegrain bread
Lentils

What do Nutrients do For us?








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








What Do Nutrients Do for Us?

Cut out and match the nutrient type and why you need it. Give another type of food for 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

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