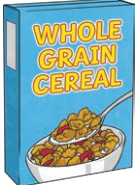




What Do Nutrients Do for Us?



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

Nutrient Type	
Protein	
Carbohydrates	
Fats	
Vitamins	
Minerals	
Water	
Fibre	

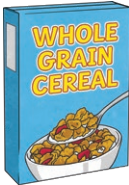
Why We Need It
Keeps you healthy
Moves nutrients in the body Cleans waste
Helps you digest food
Keeps you healthy
Gives energy
Grows and repairs your body
Gives energy



What Do Nutrients Do for Us?



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

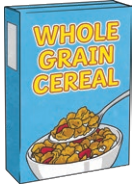
Nutrient Type		Why We Need It
Protein		Keeps you healthy
Carbohydrates		Moves nutrients in the body Cleans waste
Fats		Helps you digest food
Vitamins		Keeps you healthy
Minerals		Gives energy
Water		Grows and repairs your body
Fibre		Gives energy



What Do Nutrients Do for Us?



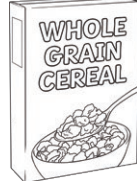
Cut out and match the nutrient type with the reason why we need it and the type of food we would get it from. Give another type of food for each category in the blank box.

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? **Answers**

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

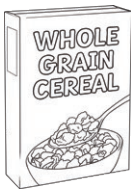
Connections shown in the image:

- Protein → Keeps you healthy
- Carbohydrates → Moves nutrients in the body
- Carbohydrates → 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? **Answers**

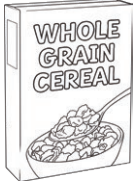
Cut out and match the nutrient type and why you need it. Give another type of food for each category in the blank box.

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



What Do Nutrients Do for Us? **Answers**

Cut out and match the nutrient type with the reason why we need it and the type of food we would get it from.

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