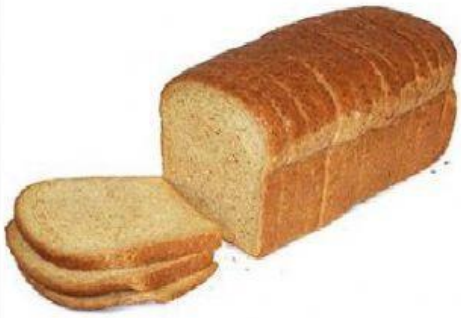
Food Nutrients

1. Choose the correct nutrient for each food item listed below.

2. Drag the nutrient to its function

Water	Vitamins and minerals	Proteins
Fats	Carbohydrates	Fiber

LIVEWORKSHEETS

Nutrient	Function
	Provides energy and insulation.
	Helps to body function properly. Keeps the body healthy.
	Prevents constipation.
	Carries nutrients all over the body. Keeps us hydrated.
	Builds and repair cells in the body.
	Provides the body with energy.

LIVEWORKSHEETS