

Worksheet: The 6 Essential Nutrients



For each description below, choose the correct nutrient from the drop down menu.

1. Helps to transport substances around the body. _____
2. Starch, sugar and fiber are this type of nutrient _____
3. Helps to build and strengthen body structures _____
4. Helps to insulate the body _____
5. Needed to repair damaged tissues _____
6. Stores energy for the body _____
7. Helps the body to use other nutrients properly _____
8. The body's main energy source _____
9. Calcium and iron are examples of this _____
10. Helps the body to get rid of some waste products _____
11. Helps with growth of the body _____
12. Needed to help keep the body warm _____
13. Only nutrient that contains nitrogen _____
14. Helps to form nerves and body cells _____
15. Makes up at least 60% of the body _____

Complete the sentences below by dragging the correct word to fill each blank space.

Vitamin A

Vitamin B

Oxygen

Water

Fluoride

Nitrogen

Iron

Carbon

Minerals

Hydrogen

Fluoride

16. _____ and _____ are not organic nutrients.
17. _____ is needed to help the eyes function properly.
18. _____ helps the red blood cell to transport oxygen.
19. Organic nutrients are formed by the elements _____, _____ and _____.
20. Keeping tooth enamel strong is the job of _____.
21. _____ helps the body to use and produce energy properly.
22. Protein is the only nutrient to contain _____.