

Lesson 4: Workplace, Life, and Community Skills**A** Match the nutrients and the definitions.

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|------------------|----------|---|
| 1. carbohydrates | <u>c</u> | a. It is also called <i>salt</i> . |
| 2. cholesterol | ___ | b. It helps your stomach digest food. It comes from plants. |
| 3. fiber | ___ | c. It gives you energy for several hours. |
| 4. protein | ___ | d. It gives you quick energy. Too much is not good for you. |
| 5. sodium | ___ | e. It makes your body strong. |
| 6. sugar | ___ | f. It is only in animal fat. Too much is not good for you. |

B Which food does not belong in each nutrient category? Circle the letter.

1. Fiber



2. Protein



3. Carbohydrates

