

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Health and Family Life

### Nutrients for Good Health

**Instructions:** Read the notes. Answer all questions in complete sentences.

1. Why is it important to choose foods that contain nutrients and in the right proportions? (1)

\_\_\_\_\_

2. Complete the sentence below. (3)

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are classified as micronutrients.

3. What are vitamins? (1)

\_\_\_\_\_

4. Why is vitamin D important? (1)

\_\_\_\_\_

5. Why are minerals important? (1)

\_\_\_\_\_

6. Which mineral protects the body against infections and assists cells in using energy? (1)

\_\_\_\_\_

7. Complete the sentence below. (1)

\_\_\_\_\_ is the main components of body fluids such as blood, saliva and urine.

8. Why is water important? (1)

\_\_\_\_\_

**10 points total**