

## Nutrients for a Healthy Diet

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

**Instructions:** Use the word bank to fill in the blanks

|                |            |           |          |
|----------------|------------|-----------|----------|
| conch fritters | vegetables | energy    | crackers |
| health         | warm       | Lamb chop | Fats     |
| moving         | lemonade   | salt      | growth   |

| Name of Nutrient     | Basic uses                            | Food sources                              |
|----------------------|---------------------------------------|-------------------------------------------|
| <b>Proteins</b>      | _____ and repair                      | _____, eggs, milk                         |
| <b>Carbohydrates</b> | Provides _____                        | Oatmeal, macaroni,<br>_____               |
| <b>Minerals</b>      | Help maintain<br>_____                | _____, liver, fruits, milk,<br>vegetables |
| <b>Water</b>         | For every process in the<br>body      | _____                                     |
| <b>Fiber</b>         | Fruits, _____                         | Keeps food _____<br>along the gut.        |
| _____                | Store _____ and<br>keep body<br>_____ | Butter, _____                             |
| <b>Vitamins</b>      | To maintain<br>_____                  | Oranges, strawberries,<br>_____           |

