

Name _____

Grade: _____

Answer each question below

1. Define the term nutrients. (1)

2. Name three Nutrients. (1)

3. Using the word bank fill in the table below (1 ea.)

Nutrient	Deficiency (list one)	Description
Fats		Extremely over weight
		Occurs when the body has too much _____
Protein		Occurs in small children. Symptoms include a bloated _____

4. Describe the function of the nutrients blow and list one food source: (2 ea.)

Fats: _____

Carbohydrates: _____

Protein: _____

Word bank

obesity

retinal
Kwashikor

paracetamol glucose
carbohydrates vitamins

stomach
minerals

diabetes
iron